



Conscious Parenting: Mindful Living Course for Parents (Alchemy of Love Mindfulness Training)

Ms Natasa Nuit Pantovic

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Conscious Parenting is the **Alchemy of Love Mindfulness Training Course** designed for parents.

We use **Transformation Tools** and **Spiritual Exercises** to help parents get in touch with **Soul**, with **Love**, and with **Patience** when dealing with kids.

Exploring the magic work with:

- Soul's Diary,
- Spiritual Parenting Diary,
- Developing Parenting Virtues,
- Meditations,
- Rhythm,
- Day-to-day Routine,
- Happy Family Structure,
- Cultivating of Relationships, etc.

the course explores some very **inspiring exercises** to examine the **mind**, **subconscious** and **conscious** thoughts, **emotions**, **relationships**.

Conscious Parenting Course looks into the **parenting goals**, **dreams**, from simple **day-to-day task planning** to the each **parent's dream** of the bigger vision.

All through the mindfulness exercises of the Conscious Parenting Course, the parents are encouraged to **listen to their Souls** and to come back to **love**, **awareness**, **consciousness** hoping to inspire the parents capacity to stay **Creative**, **Loving** and **Full of Energy**.

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