

The  
confidence clinic



## Location & Date

**Cork - Nemo Rangers GAA Club**

**13-16th August 2018**

**10am - 4pm**

Children should wear comfortable clothes, bring a yoga mat (if possible), blanket and pillow for guided meditations and packed lunch with them each day. We will also be out doors in the fresh air, weather permitting.

Thank you for purchasing a place on The Confidence Clinic's Summer Camp Programme 2018. We are very excited to have your child, or children, join us for this extraordinary experience.

We know they will learn some valuable lifelong lessons about feeling confident, reducing worries and living their best life - most importantly they will be having fun whilst they do it.

It is 6 hours a day for 4 days - 24 hours filled with the best children's self-improvement techniques available, we will be including exercise, games, yoga, some listening, writing and guided meditations.

Looking forward to it!

*Caoimhe xx*

## Terms & Conditions

The booking of a place on a Summer Camp is non refundable and non transferable. Children availing of a discount must be part of the same immediate family. No discount can be given for missed days. If a mistake has been made during the booking process please contact us by phone on (01) 8394909 or by email [caoimhe@theconfidenceclinic.com](mailto:caoimhe@theconfidenceclinic.com).