



## Put Down the iPad! Chia Laguna, Sardinia, Launches 'Mini Mindfulness' Activities for Kids



*Kids can Digi-Detox, Have Fun and Recharge with 'Smiling Yoga', Al-fresco Painting, Homemade Spa Treatments and More*

April 2018...// [Chia Laguna](#), Italian Hospitality Collection's luxurious five-star family resort in Sardinia, is delighted to unveil a series of 'Mini Mindfulness' children's activities designed to help little ones step away from screens, build their confidence and recharge ahead of the start of the academic year in September.

The activities, which include 'smiling yoga', al-fresco painting, smoothie-making and home-made spa treatments, will encourage stressed-out and square-eyed kids to log off, relax and reconnect with the physical world around them.

At the resort's kids' club, each day will start with a 'little muscle awakening' session, a series of simple exercises designed to soothe both body and mind. The physical activity will continue with 'smiling yoga', a revolutionary technique combining laughter with yoga and breathing exercises. Not only is the practice great fun, but it has proven benefits, promoting physical expression and emotional development, while building self-confidence and leadership skills.

Al-fresco painting lessons will give budding artists the chance to express themselves while enjoying the resort's peaceful Le Dune Garden. Children will be taught a variety of creative techniques through which to illustrate their beautiful surroundings, creating a lasting memento of their holiday which they can take home at the end of their stay.

Tours of Chia Laguna's herbal garden will provide a sensory experience, where aspiring botanists will be taught to recognise and use various herbs for food and health purposes,

before heading back to the kids' club to put their learnings into practice. Children will be shown how to combine the herbs they have foraged with fresh fruit and honey to create their very own relaxing face masks, with the remaining herbs mixed with juices and soda to whip up refreshing mocktails under the guidance of one of the resort's expert barmen.

When families aren't brushing up their yoga skills or painting a masterpiece, they can enjoy one of the most beautiful coastal resorts in Italy. Chia Laguna is comprised of four luxurious hotels – Hotel Laguna, Hotel Baia, Spazio Oasi and Hotel Village – set on the unspoilt turquoise water of Chia Bay on the south coast of Sardinia, awarded Italy's best beach for 2 consecutive years. It is the ideal place for families to soak up the generous Italian hospitality in an idyllic and charming setting.

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### **About Italian Hospitality Collection:**

Italian Hospitality Collection is a world-class hotel, resort and spa brand that provides rich, authentic experiences for avid travellers who seek to feel loved, cherished and indulged in a genuine Italian lifestyle. Created in December 2014, Italian Hospitality Collection aims to be ambassador of the Italian culture, art and nature, with its collection of exclusive hotels in landscapes of excellence: Chia Laguna in Sardinia, with its unique crystal-clear waters and Fonteverde, Bagni di Pisa and Grotta Giusti in Tuscany, the country of thermal spas, history and unique wine routes.

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