

# KIDS AND PARENTS MINDFULNESS AND YOGA SERIES

6-CLASS SERIES BEGINS OCT. 19 - DEC. 28

(EVERY OTHER SATURDAY)

## WHAT CHILDREN WILL LEARN

Marlo Emch and Erin Moore will provide your children with Mindfulness training in attention, intended to provide your kids with life skills to enhance their own self-awareness, emotional balance, impulse control and focus. Yoga increases a child's confidence and self-image and teaches them stress-management through breathing, awareness, and healthy movement in a non-competitive environment.

Our mindfulness class is suitable for age 7-12.



## WHAT PARENTS WILL LEARN

Join Michelle Gonzalez across the hall from your child(ren) for an hour of education, movement, and meditation! Michelle will provide an overview of the lesson plans provided to your child(ren) during Kids Mindfulness and Yoga while offering advice on how to be supportive in the home environment and elsewhere. Michelle will then lead you into a sequence of restorative movement and breath work ending in 10 minutes of guided meditation.

**YOU DESERVE IT!**

### INDIVIDUAL CLASS

Per child or adult

**\$10**

**SELECT**

### INDIVIDUAL SERIES

Per child or adult

**\$50\***

(save \$10)

**SELECT**

\*Add Series discount at checkout

### DELUXE SERIES

6 classes (adults + kid class)

**\$100**

(save \$20)

**SELECT**

\*Choose "Parent/Child Mindfulness Package" from Gift Certificates & Packages