

Yoga & Mindfulness for children and young adults this summer at



A Place to Breathe®
Meditation and Yoga Studio



Child & Me Yoga 3 Week Series (Ages 3-6yrs) with Kay Slater Wednesdays 10:00-10:45am (July 13-27th)

Join us for Child & Me Yoga where we will use stories, songs, and movement to experience & learn techniques for breathing, moving, relaxing, and simply having fun! \$45.00 for one adult + one child. Additional Child \$22.00. *Drop-ins welcome-see website for more details.*

Family Meditation

Sunday 5:00-5:45pm (July 24th)

Bring the whole family for a practice of meditation and guided relaxation. The session will be tailored to those in attendance, all ages welcome. Enjoy an opportunity to practice stress reduction techniques together so you can remind each other to use them in your day to day life. Donation Based.



Mindfulness for Kids (Ages 3-6yrs) with Kim Lohan Tuesdays 2:00-3:00pm (July 26th - August 16th)

Join us for Mindfulness for Kids, an active class where kids will practice listening to their body and learn about tuning into their senses to bring awareness and regulation to their system. This is a 4 class series and each class is 1 hour. Every class will include movement, breathing practices, listening to self and others, a meditation and other fun sensory activities. Request children are accompanied by an adult during the class. \$60. Each additional child \$30.00. *No drop-ins please.*



Stress Reduction Retreat for Teens with Crystal Oliver Monday 10:00 am - 2:00pm (Aug 8th) Lunch provided

Changes in emotions, social conditions, and cognitive skills, along with the increased tempo of life, can make the teen years very stressful. This workshop will teach teens to use the most powerful tool for coping available - their breath. Teens will learn to use breath to reclaim control over their emotions, increase their focus, and reduce stress and depression. Basic yoga and restorative yoga techniques are also included in this workshop. \$30.

Stress Reduction 3 Day series for pre-teens with Crystal Oliver

Monday-Wednesday 11:00am-12:30pm (Aug 15-17)

Stress Reduction for pre-teens (ages 10-13). This 3 day series teaches children how to use the tools of breath, meditation, and relaxation to calm their own responses. Learning how to take control of breath gives your child a tool that can help reduce stress for a lifetime. In this course we will learn basic breathing techniques, use restorative yoga for relaxation, and practice short meditations to increase focus and reduce stress. *No drop-ins please.* \$45; Earlybird \$40 (by Jul 30th).

