

## Upcoming Class: Teaching Mindfulness to Children Workshop



This three-part series explores more in depth than the one-night Introduction to Teaching Mindfulness to Children. In each class, the instruction will include modeling, discussion, and practice. You will learn how to teach mindfulness strategies to children as you cultivate your own personal practice.

A foundation in mindfulness practice or previously taking the Introduction to Teaching Mindfulness to Children class is preferred. Certificates of attendance will be available if requested.

**Tuesdays, Oct. 2, 16 & 30**

**6:00 pm - 8:00 pm**

**Learning Resource Center- Scarborough Campus**

**\$60.00**

**Register at [LRCclasses.CourseStorm.com](https://LRCclasses.CourseStorm.com)**