


MINDFULNESS FOR PARENTS

education night

AN EVENING FOR PARENTS TO LEARN ABOUT THE MINDFULNESS PROGRAM TAUGHT TO THEIR CHILDREN IN SCHOOL. DISCOVER THE MINDFULNESS 'LANGUAGE' USED IN THE CLASSROOM & A FEW PRACTICES YOU CAN TAKE HOME TO USE THAT NIGHT.

MINDFULNESS AS A STRENGTH TO:

- REDUCE ANXIETY
- INCREASE FOCUS AND CONNECTION WITH YOUR CHILD
- MANAGE SLEEP TIME ROUTINES
- STRENGTHEN FAMILY AGREEMENTS/ BOUNDARIES



Thursday May 9th
7:00-8:30pm
Deep Cove School
No RSVP Required



Tara Logan

Tara is a certified Mindfulness Instructor and an International Yoga Therapist with 3 children of her own.
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