

Mindful Mornings

CREATING A MINDFUL PRACTICE WITHIN SCHOOL

"THE DEVELOPMENT OF MINDFULNESS, A MOMENT-BY-MOMENT AWARENESS OF OUR THOUGHTS, EMOTIONS, SENSATIONS AND SURROUNDING ENVIRONMENT." MINDFULSCHOOLS.ORG

This 30-minute class will take place at our desks before the school day begins. We will develop a mindful practice by paying attention to our breathing, feelings and reactions and discuss ways to integrate our practice into everyday life. Along with our mindful practice, we will learn yoga poses that can be done at our desks in the classroom.

Class will be led by Kathy Smith, E-RYT (over 1000 teaching hours) Radiant Child Levels 1-3, Mindful Schools Mindfulness Essentials and Mindful Educator course completion, Kids Power Yoga Teacher certified and YoKid certified with 95-hours completed training including classes on mindfulness in children and asana in the classroom.

MONDAY MORNINGS
JANUARY 23-FEBRUARY 13
8:10 AM - 8:40 AM
WWES MEDIA CENTER
\$40
CLASS SIZE LIMITED
REGISTER BY EMAILING:
KATHYSMITHYOGA@GMAIL.COM

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