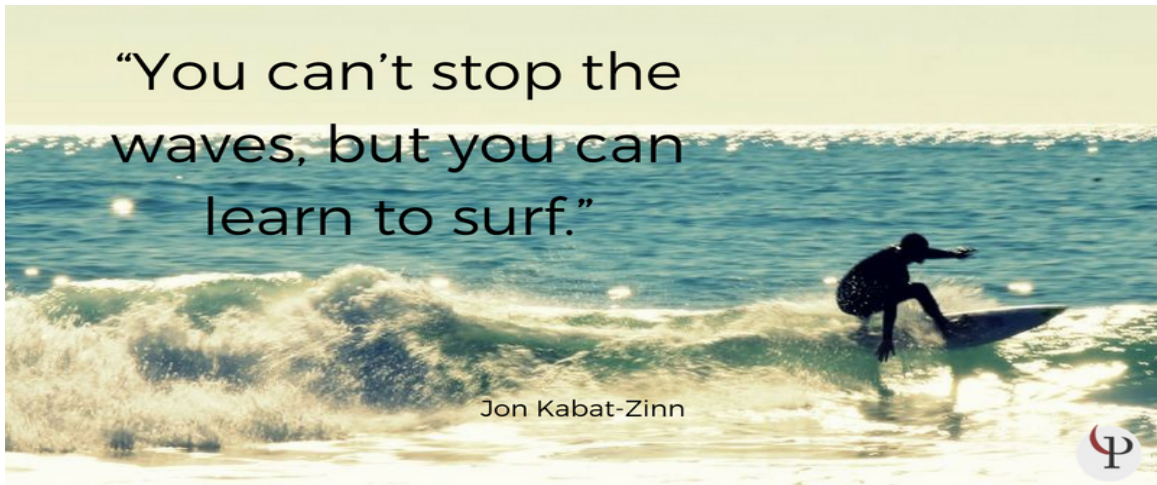


2019 Winter Mindfulness Classes



Elementary and High School Mindfulness

Upper Elementary Classes	High School Mindful Self Compassion
<ul style="list-style-type: none"> ● Ages 9-11 ● Tuesdays 5:30- 6:30 PM ● February 12, 19, 26 ● March 5 ● Cost \$25.00/Scholarships available 	<ul style="list-style-type: none"> ● 8 Week Class ● Ages 14-18 ● Wednesdays 6:30 - 8:00 PM ● February 6- March 27, 2019 ● Cost: \$199.00/ Scholarships available. Early bird: 1/30/19 ● Free Parent orientation January 30
<ul style="list-style-type: none"> ● Feb. 12-: Working with Anxiety- Heart and Mind Tools ● Feb. 19: Working with Anxiety- Heart and Mind Tools 2 ● Feb. 26: Working with Anxiety- Thoughts are just Thoughts! ● March 5: Working with Strong Emotions 	<p>February 6- March 27, 2019</p> <ul style="list-style-type: none"> ● Discovering Mindful Self Compassion ● Paying attention on purpose ● Loving Kindness ● Self-Compassion ● Self Compassion vs. Self Esteem ● Living Deeply ● Managing Difficult Emotions ● Embracing Your Life with Gratitude
<p>For more information go to</p> <ul style="list-style-type: none"> ● Teensjustbreathe.com ● 616-581-9217 ● teensjustbreathe@gmail.com ● Instructor- Cheryl Blackington 	<p>For more information go to</p> <ul style="list-style-type: none"> ● Teensjustbreathe.com ● 616-581-9217 ● teensjustbreathe@gmail.com ● Instructor- Cheryl Blackington