



## ***Mindfulness with Art in the Barn at Schumacher Farm***

***Mindfulness, Meditation and Stress Management with Art***

*A class designed for 12-17 year olds +*

**3 day workshop series at Schumacher Farm Park**

*August 21, 22, 23 9-noon \$125*

**Please pre-register to confirm your spot.**

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*Do you worry a lot or feel like you are under pressure, stressed, anxious, irritable, nervous or easily overstimulated? Through mindfulness, art and meditation, kids (and adults) become more comfortable with complexity and uncertainty. Mindfulness strategies can change our habitual patterns of reacting to stress. We can learn to relax our body and train our brain to respond in ways that help regulate our nervous system so we don't react to all of the stresses we face in unproductive ways, e.g., by saying things we don't mean, by forgetting the things that really matter, or feeling like we'll "explode" by all the pressures. Mindfulness helps you to be yourself vs. worrying about how others think or want us to be.*

**Mindfulness helps to increase focus, concentration, calmness, memory, sleep, health, conflict resolution, peace, joy and more! Each class includes mindful movement, contemplative and creative processes\* to learn about our inner self and how we relate to the world around us. Students come home with unique experiences and projects to remind them of these strategies.**

*Class is taught by Rebecca Eller, PT, RYT, Mindfulness instructor. Rebecca has devoted 20 years of practice and study to help children and adults increase skills of awareness, self regulation and connection...helping students learn and develop their identity from a safe place within and be more engaged and independent in their life experience.*

**\* Special note from instructor: you do not need to be a "creative person" to participate!**