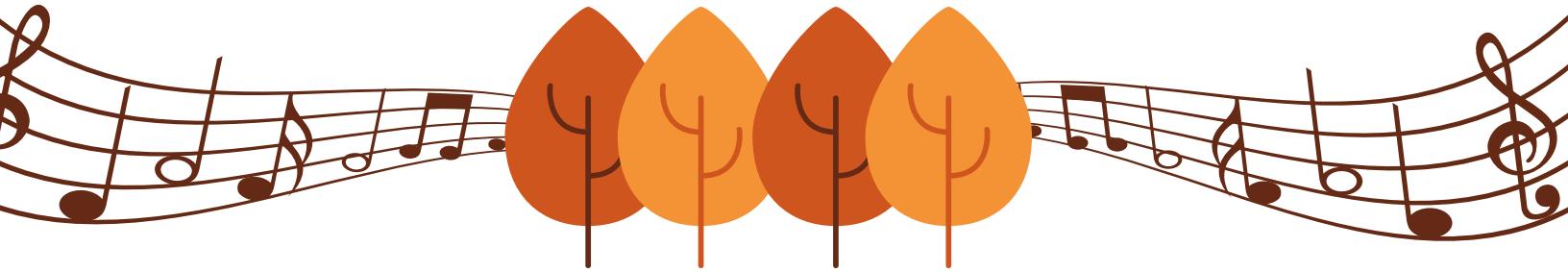


# MUSIC, MOVEMENT, AND MINDFULNESS

A two-day Fall Break camp!



Join us for a fun Thanksgiving-themed music, movement, and mindfulness camp!

Students will play various instruments, move their bodies, and engage in mindfulness activities. Sensory-friendly live music will be played during fun movement games and students will engage in self-regulation and self-expression practices through music, movement, and mindfulness.

## Details

11/26 and 11/27

Ages 7-12 @ 4:00-5:30pm

Ages 13-18 @ 2:00-3:30pm

Cost \$50 for full camp

Located at TACT

Registration is required. To sign up and to learn more please visit  
[www.spectrumyoga.co](http://www.spectrumyoga.co)

Learn more about this camp and music therapy at  
[www.rhythmicrootsmusictherapy.org](http://www.rhythmicrootsmusictherapy.org)

with

Rhythmic Roots Music Therapy, LLC & Spectrum Yoga