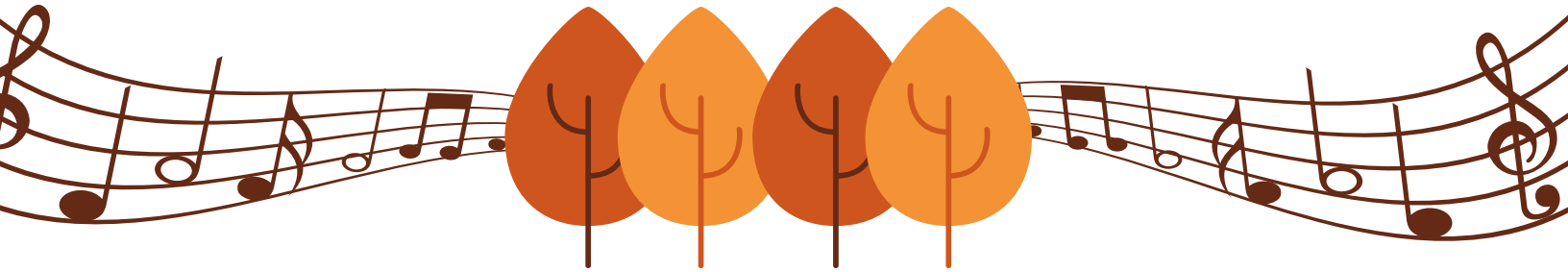


MUSIC, MOVEMENT, AND MINDFULNESS

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

Learn more about this camp and music therapy at
www.rhythmicrootsmusictherapy.org

with
Rhythmic Roots Music Therapy, LLC & Spectrum Yoga