

a **FREE** mindfulness-based drop-in group for youth

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” - Jon Kabat Zinn

MINDFUL MOMENTS

located at Shakti Yoga - 137 King St. W, Chatham
Tuesdays 6:00-7:30

January 15: Introduction to Mindfulness

January 22: Mindful Art

January 29 : Mindful Movement (Pt. 1: Yoga/Breathing)

February 5: Mindful Music

February 12: Mindful Movement (Pt. 2: Stretch/Scan)

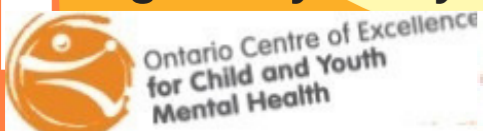
February 19: Mindful Words (Journaling, Poetry, Mantras)

Designed for ages 12-17. No pre-registration required. Dress comfortably.
Light snacks provided. For questions, phone CKCS at 519-352-0440 ext. 2.

Visit us on Instagram: @mindfulmoments__



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Chatham-Kent Children's Services



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