

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

WINTER SERIES

# MINDFUL MOMENTS

located at Shakti Yoga - 137 King St. W, Chatham  
Tuesdays 5:00-6:30

November 13: Introduction to Mindfulness

November 20: Mindful Art

November 27: Mindful Movement (Pt. 1: Yoga/Breathing)

December 4: Mindful Music

December 11: Mindful Movement (Pt. 2: Stretch/Scan)

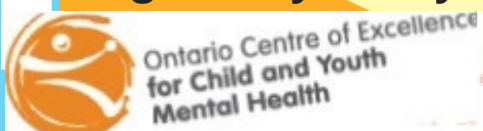
December 18: Mindful Words (Journaling, Poetry, Word Clouds)

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



SHAKTIYOGA

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Chatham-Kent, ON