

Mom & Daughter

MINDFUL MOMENTS AND RELAXATION

What a wonderful opportunity for moms and daughters
to come together to practice mindfulness!

2-WEEK SESSION

WEDNESDAYS
NOVEMBER 7 & 14
7:00-8:00 pm

For ages 8-14

cost \$40 pair for 2-week session; \$50 after

Explore mindful breathing techniques, movement, and the basics of the science behind mindfulness in order to develop a shared language regarding managing big emotions. Mindful moms and daughters are empowered with a choice to meet daily stressors in a more positive and connected way. Gratitude and compassion are a sweet and natural part of our mindfulness practice as well. Soothing relaxation will complete our time together. Mindfulness resources to continue daily practice at home will be shared.



Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*