



Mindful Kids

Mindfulness Classes for Kids!

**Strengthen Focus & Impulse Control
Reduce Stress & Anxiety**

*Eight-Week Classes, Starting in September
Madison Community House
25 Cook Ave, Madison, NJ*

Kindergarten Kids

Saturdays, Sep. 12 - Nov. 21
9:00-10:00 am
*No classes Oct. 3, 24 & Nov. 14

1st & 2nd Graders

Saturdays, Sep. 12 - Nov. 21
10:30-11:30 am
*No classes Oct. 3, 24 & Nov. 14

3rd & 4th Graders

Sundays, Sep. 27 - Nov. 8
5:00 - 6:00 pm
*No class Halloween, Oct. 31

5th & 6th Graders

Sundays, Sep. 27 - Nov. 8, 6:30 - 7:30 pm
*No class Halloween, Oct. 31

All classes taught by
Mary Lea Crawley
Certified Mindfulness Instructor

Price: \$175/class

Register:
Email Mary Lea
marylea@mindfulkidsnj.com