

Mindful Kids

Practice Club



Practice Sessions for Kids with Experience in Mindfulness

These meetings are for kids who haven't taken classes with Mindful Kids, in their school, or in other learning centers.

We will practice meditation, "calm down" tools, test-taking strategies and play mindful games.

Madison Community House

25 Cook Ave, Madison, NJ

Grades 1 - 3:

Wednesdays, 4 - 5 pm

May 4, 11, 18, 25 & June 1 and 8

Grades 4 - 6:

Wednesdays, 5:15 - 6:15 pm

May 4, 11, 18, 25 & June 1 and 8

with

Mary Lea Crawley

Certified Mindfulness Instructor

www.mindfulkidsnj.com

Price: \$90

Register:

Email Mary Lea

marylea@mindfulkidsnj.com