

# Beginning Mindfulness *for Kids & Teens!*



MindfulKids

**Strengthen Focus & Concentration  
Reduce Stress & Anxiety**

*Spring Classes ~ Madison Community House*  
25 Cook Ave, Madison, NJ

## Kids:

**Saturdays: May 7, 14, 21 & June 4 & 11**

1st/2nd Grade: 10 - 11 am

3rd/4th Grade: 11:15 - 12:15 pm

## PreTeens & Teens:

**Mondays: May 9, 16, 23  
& June 6 & 13**

5th/6th Grade: 4 - 5 pm

7th - 10th Grade: 5:15 - 6:15 pm

**Mary Lea Crawley**

Certified Mindfulness Instructor

[www.mindfulkidsnj.com](http://www.mindfulkidsnj.com)

**Price:**

**\$110/student**

**Register:**

Email Mary Lea

[marylea@mindfulkidsnj.com](mailto:marylea@mindfulkidsnj.com)