

Mindful Kids

Practice Club



MindfulKids

This Summer! for Kids & Teens!

Practice Sessions for Kids with
Experience in Mindfulness

*For kids & teens, who have
experience with mindfulness.*

We will practice meditation,

“calm down” tools, test-taking strategies & mindful eating.

Madison Community House

25 Cook Ave, Madison, NJ

Kids Club

Tuesdays & Thursdays:

July 5, 7, 12, 14, 19, 21, 26 & 28

Grades 2 - 5: 4:15 - 5:15 pm

\$120/student

Teen Club

Wednesdays:

June 29, July 6, 13, 20, 27 & August 3

Grades 7 - 12: 7 - 8 pm

\$90/student

with

Mary Lea Crawley

Certified Mindfulness

Instructor

www.mindfulkidsnj.com

Register:

Email Mary Lea

marylea@mindfulkidsnj.com