

Storytime & Mindfulness - 425350

Mindfulness can build new neural connections, making us calmer, happier, and more resilient. Storytime and Mindfulness class is a fun and engaging way to slow down and connect with your child. Local author Michele Foote will read her picture book, *What Should We Do Today, Mommy?*, and discuss the joy of being in the present moment and seeing the world through the fresh eyes of a child. You'll practice simple breathing exercises, engage in playful games, and practice gratitude by exploring the "magic" in our ordinary days through drawing and journaling. Recent research is proving that mindfulness leads to greater overall physical and mental health and ignites passion and creativity! This class will inspire your child to practice mindfulness as they grow. Any adult is welcome to attend with the child.



**Spring classes
start April 6th!**