



Mindfulness Camp for KIDS

June 3 to June 7, 2019

8:30-11:30 AM

Ages 6-12, \$150

Toledo Mindfulness Institute, 6537 Angola Rd., Holland

Register at www.ToledoMindfulnessInstitute.com

Kids will learn mindfulness techniques to improve focus and attention, deal with difficult emotions and stress, create a sense of peace and calm, and develop their sense of inter-connectedness and compassion. Activities include mindful movement, various meditation practices, walking a labyrinth, mindful eating, breathing exercises, and “kindfulness” practices.

Instructor Jenn McCullough is a Mindfulness Educator, implementing mindfulness programs in the Toledo area and leading the Mindfulness in Education Curriculum for Toledo Mindfulness Institute. She is a yoga teacher with over 25 years of experience working with children and in the healing arts. She has an undergraduate degree in Elementary Education and graduate work in Special Education.