

# ART OF MINDFULNESS

**Date:** Thursday's, September 11, October 2, November 6, & December 4

**Time:** 5:30 - 6:30p.m.

**Registration Opens:** 1st of the month for the following month.

**Max students:** 15

**For ages:** Adult class that is welcome to children at least 7 years old accompanied by an adult.

**Instructor Fee:** \$10

**Instructor:** Olivia Immitt

**Notes:** Wear comfortable clothes and bring a blanket.

In our busy lives, learning to navigate and stay present is essential. This session teaches meditation basics, helping participants stay calm amid chaos by focusing on the present moment. You'll learn to notice when your mind wanders and gently refocus through techniques like breath awareness, sound, music, and guided imagery.

CATALOGUE

