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***Mindful Magic for Kinders!***

***An Hour of Relaxation and Mindful Meditation***

 **Thursdays 4-5 pm**

 Oct 1st – Dec 10th 2015

 *Register by Wednesday, 9/23*

We warmly invite your CASA kinder to join us weekly on Thursdays at

4 pm this semester for a relaxing hour devoted to mindful sensory discovery

and guided meditation exercises! Originating in Eastern philosophical traditions,

the teachings of mindfulness have been rapidly gaining popularity within the Western therapeutic community in recent years. Mindful practices

emphasize the release of distracting or stressful thoughts and emotions

through focusing awareness on messages from the five senses in the present moment. Using guided meditation and artistic, sensory, and interactive

mindfulness exercises, this calm and relaxing group will help kinders cultivate

an ability to access inner calm within any environment.

***Registration for this group is limited to seven students, and CASA’s wellness groups tend to fill up quickly—so don’t wait to sign up! To enroll your child, simply send an email to cardasiscounseling@gmail.com, or sign up at http://www.cardasiscounseling.org/student-wellness-groups***