

# MINDFUL MAGIC for KINDERS!

## An Hour of Relaxation and Mindful Meditation



**Mondays, 4-5 pm**

6 meetings: Oct 23<sup>rd</sup> – Dec 4<sup>th</sup>, 2017

Register at: [CardasisCounseling.org/student-wellness-groups](http://CardasisCounseling.org/student-wellness-groups)

We warmly invite your CASA kinder to join us weekly on Tuesdays 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.

CASA wellness groups are small and fill up quickly - don't wait to sign up!

### TO REGISTER:

<http://www.CardasisCounseling.org/student-wellness-groups>

Questions? Contact Lily:

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