



**Zoom  
ONLINE!!**

# Building RESILIENT Families

## Yoga & Mindfulness for Elementary Emotional Health & Well-Being (ages 6-10)

### Sat, Oct 3 10 - 11:30am

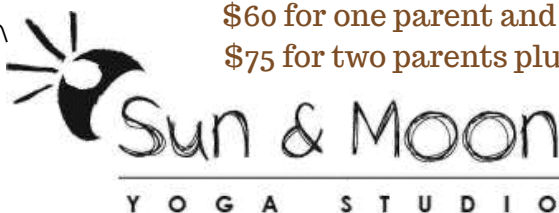
Family Yoga: together practice techniques to maintain emotions, build resilience and self esteem, & resolve common challenges like emotional meltdowns, power struggles and aggressive behavior.

Breakout Sessions: children create mandalas and learn age-appropriate meditation; adults explore the science of self-regulation and strategies for cultivating calm in daily routines.

Includes educational handouts and art making.

Co-taught by Diana Bermudez (PhD, LPC) and Lisa Danahy (ERYT 200, RCYT, YECEP), leaders in mental health education for children, families and professionals.

in partnership  
with



Cost: \$50 per parent/child pair  
\$60 for one parent and 2 children  
\$75 for two parents plus children



Register @ [www.sunandmoonstudio.com/workshops](http://www.sunandmoonstudio.com/workshops)

Questions? Call 240-532-CALM (2256)

Create Calm Inc. is a non-profit organization providing yoga and mindfulness education for schools, therapy centers, youth support services, and yoga studios. To bring a Create Calm program to your community, visit [www.CreateCalm.org](http://www.CreateCalm.org)