

Dearborn Community Education (313) 827-1910

# MINDFULNESS FOR KIDS

This class is made for all levels of students aged 5-17.

We will focus on a mix of mindful breathing, movement, community connection, and creative expression. \*Yoga mats are available if needed or you may bring your own.

**Class for beginners**

Every Friday 4/28-6/2  
6:00-7:00 PM

With  
Ms. N.



SCAN  
HERE



**Students First**  
*Inspire, Educate, Celebrate*

Charles A. Lindbergh  
School Gym  
500 N. Waverly St.  
Dearborn, MI 48128

