

Learning to Breathe

A Mindfulness Program for Adolescents to Cultivate Emotion Regulation,
Attention, and Performance

August 4, 6, 11, 13, 18, 20, 2015

(will be) 5th – 6th Grade: 9:30 am – 10:30 am

(will be) 7th – 8th Grade: 11:00 am – 12:00 noon

Lake Michigan Academy
2428 Burton St. SE,
Grand Rapids, MI. 49546

\$130.00 per person

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Registration at: www.grandrapidscenterformindfulness.org

Six Core Lessons



Body: Listen! Your body is trying to tell you something.

Reflections: Thoughts (reflections) are just thoughts.

Emotions: Surf the waves of your emotions.

Attention: Attention to body, thoughts, and feelings is good stress reduction

Tenderness: Learn to be kind to yourself.

Habits: Practice healthy mind habits to reduce stress and increase inner strength.

Empowered and to gain the inner Edge.

website: www.mindfulmomentsinedu.com