

Practical Workshops for Parents & Teachers

with **Cate Stillman**
Sunday, Feb. 26th



Teaching Kids Yoga & Mindfulness

- at home
- at school

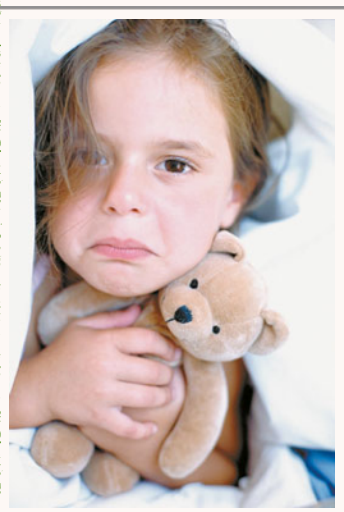
Noon-3pm
\$35

You will learn:

- Basic Yoga Principles
- Mindfulness Practices
- Mind & Body Attention Strategies
- Focus Skills



Sharpen your skills:



- Attune the family kitchen for preventing colds and flus
- Use your spice rack as your medicine cabinet
- Prepare the simplest remedies from your kitchen
- Help your kid by knowing their body type
- Get your child to love their veggies

Healthier Kids

A progressive workshop
for parents, teachers, &
childcare providers.

3:30-5:30pm
\$20 or
\$25 per household

@ YogaTejas in Driggs. Sign up: www.yogahealer.com