



**YOGA,
MINDFULNESS,
BREATHING,
RELAXATION, AND
THERAPEUTIC
GAMES**

Cost: \$200

8 Week Group
October 29th –
December 17th for
Ages 7 – 9

Mondays 4:15 –
5:00pm

Shirley Hills
Primary School

Register online by
Monday, October 22nd
at
[www.relatemn.org/
mindful-kids-westonka/](http://www.relatemn.org/mindful-kids-westonka/)

MINDFUL KIDS -- WESTONKA

Calling All Mindful Kids!

Join other kids in a fun group as we learn skills to manage big feelings, calm anxiety and worries and build physical and emotional strength.

Contact

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at 952-491-8466
or mpearson@relatemn.org
with questions or for more
information.

