



Join us at Indigo Baby, DeVargus Center Sept. 17, Oct. 28, & Nov. 11 for

**Magic Carpet Yoga for kids** (parents welcome)

Time: 10 am

Ages 3-10

\$10 each person



**Peaceful Parenting Workshop**

Time: 4 pm

\$10 each person



### **Magic Carpet Family Yoga**

This class takes children on a mindful journey to places such as a forest, ocean or secret garden. Through yoga poses, they imitate things they notice on the journey such as Tree Pose, Sun Pose, and Mountain Pose. The journey continues through a mindful visualization. In this meditation, children breathe, relax and feel the earth, sun and light through their body as they move energy up and down and allow the body to completely unwind. In each class, the child interprets their experience through art. Interwoven in each class is a message such as positive thinking, gratitude, joy or love. Mandala coloring at the end. One Hour \$10 either parent or child



### **Parenting Workshop**

In this high-tech, busy world of today, how do parents create balanced, peaceful environments for their children to grow up in? What is "Mindful Parenting"? And how can parents raise children in a mindful way? Growing up in a family of seven children in a home filled with love, Kathy will share some tips for connecting children to peace through intention, love, gratitude, rituals, positivity and planning. These simple steps help parents connect children to their hearts, think positively, and to express their feelings.



### **About Kathy**

Kathy created a series of children's books and meditations called Joyohboy which help children feel their feelings, be grateful and loving and listen to their hearts and intuition. Kathy also launched Peace Place for Kids, an online community where children and their families can come to participate in activities such as yoga, meditation, mindful crafts and so much more with the goal of connecting them to a vibration of peace.

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