

Online

Tools for Calming the Body & Mind

Feeling out of balance or overwhelmed? Is your mind a non-stop chatterbox?

Join us for a 30 minute exploration of the many ways you can find balance. We will use the body, breath, and attentional focus to create more ease and calm. You will learn tools to use at school, work and at home.

Tuesdays, Wednesdays, Thursdays: 10:30-11am



*Beginning January 9th. Offered while school is in session.



Scan the code
to register.