

Wellness Wednesdays

Free fun and engaging workshops, programs, and activities to support the healthy development of the minds, bodies, and spirits of our kids.

Little's (ages 5-8) Tweens (ages 9-12)
Teens (13 and up)



September

16th **Mindful Moments for Kids**
Kids will learn what mindfulness is and strategies to help calm their minds and bodies in a fun and creative way, through mindful movement, crafts, stories and mindful breathing. Bring a yoga mat or blanket.

Audience: Little's
Time: 4:30-5:30PM
Location: Ford Field

Facilitator: Bridget Drzewicki, Mindfulness Coach and Certified Kids Yoga Teacher, Reset Brain + Body

23rd **Little Flower Yoga**
Through movement and fun, kids will be playfully introduced to the Five Elements of Little Flower Yoga & Mindfulness: Connect, Breathe, Move, Focus and Relax. Bring a yoga mat or towel.

Audience: Tweens
Time: 6-6:45PM
Location: Millennium Park Pavilion

Facilitator: Caarin Kogut, LMSW, Kids Yoga Teacher

October

Teen programs coming up in October!

7th **Little Flower Yoga**
Through movement and fun, kids will be playfully introduced to the Five Elements of Little Flower Yoga & Mindfulness: Connect, Breathe, Move, Focus and Relax. Bring a yoga mat or towel.

Audience: Little's
Time: 6-6:45PM
Location: Millennium Park Pavilion

Facilitator: Caarin Kogut, LMSW, Kids Yoga Teacher

14th **Mindful Moments for Tweens**
Through mindful movement, mindful breathing and journaling in a fun and engaging format, participants will learn what mindfulness is and as well as tools & strategies to help to calm their minds and build presence so they can better connect with themselves and others. Bring a yoga mat or blanket.

Audience: Tweens
Time: 4:30-5:30PM
Location: Ford Field

Facilitator: Bridget Drzewicki, Mindfulness Coach and Certified Kids Yoga Teacher, Reset Brain + Body

Pre-registration is required at bit.ly/nynwellness

Check often for program additions to the schedule by visiting northvilleyouthnetwork.org!