



mind



body



soul

# Mind, Body and Soul

Does the hustle and bustle of school, homework, sports, and activities have you in fast-forward forgetting to take time for your own physical and mental wellness?

**Mrs. Demirgioglu and Miss Bruno** will help, guide, and teach you how to be present in the moment and ease away the stress and chaos of your busy lives through various activities and crafts that will strengthen our mind, body, and soul.

**MIND:** We will practice mindful meditation and activities to allow ourselves to feel accepted and be in a judgement free moment and build our self esteem. We will create tools such as stress relief crafts, therapeutic art, journaling, and mantra cards.

**BODY:** We will practice yoga, pilates, Zumba, stretching, and other physical movements to be in connection with our bodies and feel strong and relaxed. Each class, a healthy snack will be provided.

**SOUL:** We will learn skills and create tools to help us strengthen our relationship with God through prayer and activities. We will make prayer boxes, cards, rocks, and other ways to help us grow closer to God.

**\*\*\*\*\*This club is open to students in 2nd-5th grade\*\*\*\*\***

We will engage in 60 minutes of activities to be present in the moment and strengthen your mind, body, and soul, and conclude with a healthy snack.

**Mondays after school 3:10-4:10 p.m. for \$15.00**