



# POSE & PLAY: SELF-LOVE SPA DAY



Relax and recharge on your day off school with a Self-Love Yoga & Mindfulness Retreat.

Students will enjoy confidence-boosting yoga, calming mindfulness practices, and meaningful self-love crafts that remind them just how amazing they already are. Children will leave feeling calm, refreshed, and glowing from the inside out – with handmade keepsakes to celebrate their inner light.

LINCOLN ELEMENTARY SCHOOL | FRIDAY, FEB 13 | FOR GRADES 1-5  
(NON-SCHOOL DAY) | 9 AM - 12 PM

PRESENTED BY THE MINDFULNESS MOVEMENT | LED BY A LICENSED TEACHER

BOOK NOW



*Spaces  
Limited*

THIS EVENT, CLASS, ACTIVITY, OR MATTER IS NOT SPONSORED OR ENDORSED BY WHITE BEAR LAKE AREA SCHOOL DISTRICT 624 AND THIS INFORMATION WAS NOT PRINTED AT DISTRICT EXPENSE.

[WWW.THEMINDFULNESSMOVEMENT.NET/KIDS-YOGA-MINDFULNESS-CAMPS-WHITE-BEAR-LAKE](http://WWW.THEMINDFULNESSMOVEMENT.NET/KIDS-YOGA-MINDFULNESS-CAMPS-WHITE-BEAR-LAKE)