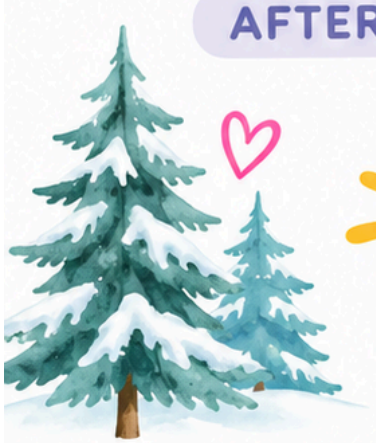
KAW KIDS

KIND HEARTS • AWARE BODIES • WORTHY SELVES

# December Enrollment

## AFTER-SCHOOL MINDFULNESS PROGRAM



MONTHLY THEME:

## Joy & Giving

A heart-centered month focused on noticing joy, practicing gratitude, and sharing kindness with others.



Parkway Elementary | Wednesdays, Dec 2 & Dec 16 | 3:30–5:00 PM, straight from school

### DEC 2

- Finding Joy in Small Moments
- Mindfulness & Gratitude Practice
- Joyful Yoga & Movement
- Creative Joy Craft

### DEC 16

- The Gift of Giving
- Kindness & Community Connection
- Mindful Movement & Breathwork
- Give-Back Project

Mindfulness | Yoga & Movement | Gratitude | Kindness in Action | Creative Expression

**$50**

**ENROLL FOR DECEMBER!**

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