

Re-center. Nourish. Connect.

Sign up **NOW** for the next session!

April 25th – May 30th (6 weeks)

Tuesdays, 11:00am – 11:50am



Embodied Presence: Meditation + Mindfulness For Parents and Caregivers

Do you long to carve out time each week to get grounded and connect with parents who are interested in growing more mindfulness and compassion in daily life?

Join meditation leader and life coach, Lori Stelling, for weekly explorations of practices that invite us to ground in the body, soften habitual tensions, grow curiosity and kindness, lessen self-judgements, and create a more spacious relationship with our thoughts/mind. Each class will support the cultivation of clarity, well-being, patience and peace. Pre-crawling babies may attend with parent or caregiver. Register online, by-phone or in-person.



Fee: \$75 per session or \$15 drop-in
Location: Carnegie Building, St. Helena Rec Dept,
1360 Oak Ave., St. Helena 94574
(707) 963-5706 www.cityofsthelema.org