

**New Class  
at the  
Carnegie  
Building!!**



## **Re-center. Nourish. Connect.**

Do you sometimes feel scattered, depleted or isolated as a parent?

Do you long for a little space to re-center and nourish yourself?

Do you feel drawn to connecting with parents interested in meditation and mindfulness?

### **Embodied Presence: Meditation + Mindfulness for Parents**

Join local meditation leader and life coach, Lori Stelling, for 50-minutes of self-nourishment for parents, grandparents, nannies and all caregivers of children. Each class will include a period of gently guided meditation and exploration of mindfulness and compassion practices that support well-being as we navigate our daily lives. Particular attention will be brought to developing awareness of the body, the cultivation of kindness toward oneself, and the softening of self-judgments. Those with pre-crawling babies are welcome to attend with baby. This class is appropriate for both beginning and experienced meditators.

**Session 1: February 28 - April 4 (6 weeks)**

**Session 2: April 25 - May 30 (6 weeks)**

**Time: Tuesdays 11:00- 11:50am**

**Fee: \$75 per session or \$15 drop-in**

**Location: Carnegie Building**

**Registration: Online, by phone, or in-person at the Carnegie Building**

*Instructor: Lori Stelling, CPCC is a life coach, local meditation leader for Napa Valley Insight Meditation, and former Recreation Supervisor for the City of St. Helena. As a mother herself, Lori is passionate about how the daily life practices of mindfulness and compassion can support well-being and peace within ourselves, our families and our communities. Lori is dedicated to cultivating greater moments of clarity, patience, gratitude and wise, compassionate response to the inner and outer joys and challenges of everyday human life.*



**Carnegie Building - Recreation Department**  
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