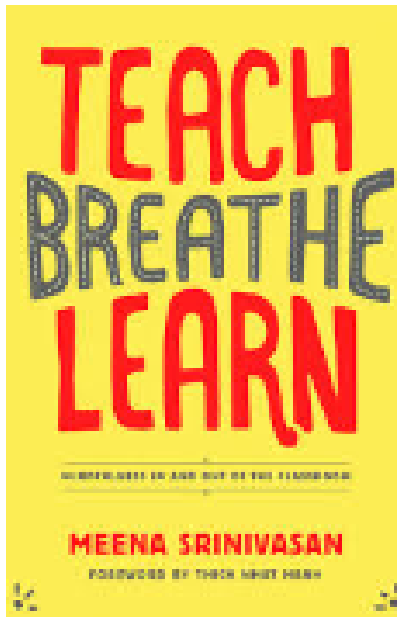




Join us for a Book Study!

We invite you to join us for a book study of
Teach, Breathe, Learn by Meena Srinivasan in the
High Meadows School Library.

Monday evenings in **January 9, 23, 30** from **6:30 to 7:30 p.m.**



"Mindfulness enables us to connect deeply with ourselves so in turn we can authentically connect with others."

Meena Srinivasan

Teach Breathe Learn: Mindfulness In and Out of the Classroom provides personal stories, research, and practical advice to support adults in developing an understanding and practice of mindfulness. Adults charged with raising young minds and bodies, whether parent or teacher, will benefit from Ms. Srinivasan's unique approach to weaving a mindfulness practice into our days and our children's experiences.

"Studies with K-12 students demonstrate 'improvements in working memory, attention, academic skills, social skills, emotional regulation, and self-esteem, as well as self-reported improvements in mood and decreases in anxiety, stress and fatigue.' They also show that mindfulness training "can increase teachers' sense of well-being and teaching self-efficacy, as well as their ability to manage classroom behavior and establish and maintain supportive relationships with students."

Meena Srinivasan

Registration fee of \$45 includes a copy of the book.

VISIT www.highmeadowscenter.org to register today!