



# Come learn about mindfulness with us!

We invite you to join us for single-day workshop on  
**Saturday, December 3 from 9:00 a.m. to 1:00 p.m.**

High Meadows School Library

Join High Meadows educator Annie Swanlaw and counselor Sue Amacker in learning how mindfulness can support well-being for teachers, parents, and students. The workshop will highlight the power of practicing mindfulness as an adult and how to bring the benefits of mindfulness to children.

- What is mindfulness
- Benefits of mindfulness
- Mindfulness as a classroom tool
- Mindfulness practices that resonate with children
- Building mindfulness practices into our adult lives



*“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.”*

Jon Kabat-Zinn

**This single-day workshop is designed for both educators and parents. Price: \$85**

**VISIT [www.highmeadowscenter.org](http://www.highmeadowscenter.org) to register today!**