



# Mindfulness & Family Yoga

## April 7th — An Evening of Fun & Focus

As part of the Mindful Strength Practice program at your school, join us for an evening of inspired family fun at Sands Montessori! This event is free and open to all students and their families.

**Jen Wright, wellness expert from REAL Human Performance**, will be facilitating your night. Wear comfortable clothes and be ready to move, breathe & be in the moment.

Sands Montessori  
Meet in the Library

**Friday, April 7th**  
**6:30-7:30pm**

Give children the tools to calm their minds, while strengthening their bodies.

Strengthen family engagement

Reconnect with neighbors & friends

Healthy snack after!

