



# SEEDS

Social Emotional Education & Development of Self

## Community Engagement Series

**Event Name:**

Yoga and Mindfulness Outside



**Ages:**

5-10

Date(s) <small>(All dates 2023)</small>	Time	Location
Friday, June 14th	10:00am - 12:00pm	Old Mill Park 375 Throckmorton Ave Mill Valley, CA 94941 <a href="#">Behind Mill Valley Public Library</a> (Outdoors)
Friday, August 9th		

**Event Description:**

This outdoor experience under the trees will take children through traditional yoga poses (asanas), stretches, creative movement, guided breathing techniques (pranayama), storytelling, games, and coloring. Participants will have the opportunity to move their bodies outside while connecting themselves with nature and with each other. Children become more mindful of their sensory experiences and more present to themselves, their emotions, and their surroundings, all while increasing their confidence, self-esteem, and openness.

**Price:** \$60

**Registration:** [Click here to register.](#)

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