

MINDFULNESS, MEDITATION, AND STRESS-REDUCTION FOR TEENS, TWEENS, AND FAMILIES

WHEN : Saturday March 18, 2017 from 12:00 PM to 3:00 PM CDT

WHERE : Show Me Dharma, 1600 W. Broadway, Columbia, MO 65203

COST: \$25, scholarships are available, email rose.metro@gmail.com to request.

The class will be taught by Rose Metro (Ph.D., Education), who has taught middle school, high school, and college classes.



She has been practicing mindfulness and meditation for ten years.

An Afternoon Meditation Retreat ~ led by Rose Metro

Life can be stressful! This 3-hour retreat for teens and tweens (11-18), and parents/family members will introduce participants to basic techniques of mindfulness and meditation that can reduce stress. This retreat is great for young people who may be experiencing depression, anxiety, or just the regular ups and downs of life. Teens/tweens are free to attend with or without a parent/family member. Parents/family members may wish to attend in order to learn some mindfulness skills themselves and/or to support their teens/tweens.

Space is limited, so please register at showmedharma.org as soon as possible. Please email rose.metro@gmail.com with questions.