



Mindfulness in Nature for Little Ones

For more information and to register, contact:

- Amy Owsley (Third Haven): amy.owsley@gmail.com
- Rebecca Rupert (teacher): Rebeccarupert@aol.com
- \$90 for a 6-week series
- Space is limited; please register soon

Friday Mornings, 10 -12, from March 6 to April 17*
Third Haven Quaker Meeting
405 South Washington Street, Easton

Third Haven offers their popular mindfulness and nature play series for you and your tiny tot. This is especially designed for kids up to four-years old with their parents/caregivers.

Facilitated by Rebecca Rupert, experienced local teacher, each two-hour session offers plenty of outdoor playtime together on Third Haven's tranquil grounds, nature-based group activities, and special time for quiet reflection and connection with your little one(s).

* no class on 3/13

More information about Third Haven Quaker Meeting can be found at www.thirdhaven.org