

Looking

Mindfulness is not just for adults! Even the youngest among us can be overwhelmed by our noisy world and crave quiet and genuine connection with inner peace and the simplicity of nature.

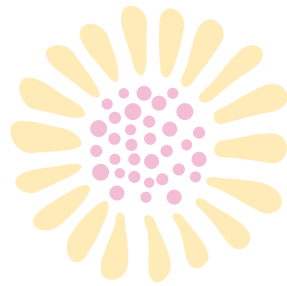


For Ways To Get Your Kids Outside This Summer?

Look No Further!

Join our summer nature **Outdoor Mindfulness Camp** at Third Haven Friends Meeting (the Quakers). This unique camp blends mindfulness & nature play for your children on the tranquil grounds of Third Haven located at 405 South Washington St. in Easton.

Camp Dates: July 11-14

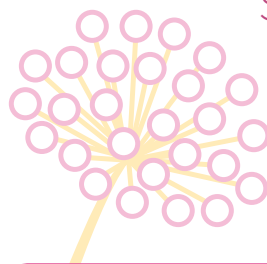


Each morning will be spent with our talented and experienced preschool/early-elementary teachers, **Cherie Baron** and **Kristen Hanlon**, in nature with friends as it was meant to be explored: in a full body, hands-on, messy-play way. The camp will help kids develop a toolbox of mindfulness techniques.

The Outdoor Camp is offered for kids 4-10 years old, Monday-Thursday from 9:30-11:30am.

Sign up soon as space is limited.

The cost is \$100 per child and scholarships are available.



**For more information or to register, e-mail:
amy.owsley@gmail.com**