

El Marino Language School and El Marino PTA present

the power of Mindfulness

Are your children anxious about school, homework, tests, and sports?

Are they stressed and unable to focus or do they judge themselves too harshly?

Is it challenging for them to deal with the ups and downs of everyday life?

**Would you like to learn skills that grow the ability to focus and concentrate,
and that build kindness, patience, and understanding?**

Mindfulness is the ability to focus in a particular way:
in the present moment, with openness and curiosity.

Potential benefits of mindfulness include:

(Supported by thirty years of research and current neuroscience)

- Better focus and concentration
- Increased empathy and understanding of others
- Decreased stress and anxiety
- Increased sense of calm
- Improved impulse controls
- Increased self-control and self-regulation

Join

Mindfulness Educator

Megan Hook

Wednesday, Dec. 2nd

7:00 pm

El Marino Auditorium

- FREE EVENT -

About the Presenter

Megan Hook has over 10 years of classroom teaching experience as a professional Teaching Artist, and over 20 years of mindfulness and meditation experience. She teaches mindfulness in schools and also facilitates professional development in mindfulness for stakeholders in education.