



Scan me

## Mindfulness, Meditation & Yoga for Youth!

Virtual After School Program  
via ZOOM! [create a FREE account](#)

3:00-3:30pm PST

★ Select a Program # from the menu below. Your child(ren) will participate in 4 sessions on the same weekday. **You may register for more than 1 program!**

★ [Enroll online:](#)

1. Click the REGISTER button
2. Tap the program's start date
3. Select 3:00pm (PST)
4. Confirm Booking

or by way of email: [zentots1234@gmail.com](mailto:zentots1234@gmail.com)

(checks, Venmo: *Jenny-Blackwood* & PayPal accepted)

★ Tuition=\$28/program (4 sessions) *There will be no additional cost for siblings.*

**20% of all tuition costs will be placed in [The ZenTots Program's Scholarship Fund!](#)**

★ Materials are not required. Yoga mats, small pillows & stuffed toys are recommended.

	Program #1 Mondays	Program #2 Tuesdays	Program #3 Wednesdays	Program #4 Thursdays	Program #5 Fridays
Dates	4/13 4/20 4/27 5/4	4/14 4/21 4/28 5/5	4/8 4/15 4/22 4/29	4/9 4/16 4/23 4/30	4/10 4/17 4/24 5/1
Themes	Compassion & Generosity	Curiosity & Wonder	Breathplay & Mindful Movement	Gratitude & Patience	Courage & Perseverance



Inspire your youngster to create her or his own mindful space at home!  
**[The ZenBox: Mindfulness & Meditation Kit!](#)**

Follow  [zen.tots](https://www.instagram.com/zen.tots) to discover more about upcoming virtual events & other offerings!