



# family mindfulness

discovering your Peaceful Place in family life

June 25th fremont studios 10am-1pm  
816 North 38th St. Seattle

kids and parents will gather both together and separately to learn:  
**Awareness • Centering Compassion • Self-Care**

- learn yoga and mindful movement together -
- connect mindfully with each other -
- unlock the "superpower" of awareness -
- make and use your own Mind Jar -
- use calming mindful meditation practices at home -
- gain tools to work through family challenges -

## Co-facilitated by a Partnership of Adult & Child Mindfulness Teachers

**Deborah Klibanoff** (BSN, RN, Mindfulness Based Stress Reduction instructor since 2004)  
www.grow-aware.com  
deborah@grow-aware.com  
Deborah has led over 75 mindfulness trainings and retreats. She brings a well-rounded and practical approach to learning awareness and mindfulness practices for everyday challenges.

**Kate Causbie** (RYT200 and classroom mindfulness teacher)  
www.katecausbie.com  
katecaus@gmail.com  
Kate offers traditional and art-based mindfulness workshops, guidance, and lessons to children and families in the Seattle area.

**\$75 per adult+child** *ages 6-10*  
*\$5 each additional*  
minimum 6 adults to run, maximum 8

**Hold Your Spot:** [www.wildandpreciousdays.com/mindfulfamily](http://www.wildandpreciousdays.com/mindfulfamily)

*Register with a friend and you each get \$10 off. Code "PAIR" at registration.*