

Back by Popular Demand...

D103 Parent Education presents

Parenting With Mindfulness

Presented by, Ramaa Krishnan: A Meditation Specialist & Self Awareness Teacher

“Ramaa will deepen our awareness and understanding of mindfulness. For newcomers, this will be a wonderful introduction to the world of mindful parenting .”



- What is mindfulness
- Discover how mindfulness can strengthen your parenting skills
- Teach children how to be resilient by being a resilient parent
- Strategies to help respond to parenting challenges with kindness and wisdom
- Improve the quality of attention we give our children

Ramaa Krishnan from Full Bloomed Lotus teaches meditation and lessons in self-awareness. Ramaa's teaching style is based in her knowledge of Hindu philosophy, combining analogies from Indian mythology and folklore with her personal experiences from around the modern world.



Monday, September 24th

9:30-11:00 am

**Vernon Area Public Library
Annex Building**

RSVP: <https://tinyurl.com/Ramaa119>

