



# Mindfulness Meditation and Art

**Classes for adults and teens!**

**Please register through the Waunakee Village Center**

**Adult class: Tuesday nights May 7, 14, 21, 28 6-9pm at the Village Center**

**Teen camp: June 17-20th 9:30am-noon at Schumacher Farm Waunakee**

**July 22-25th 9:30-noon at Schumacher Farm Park**

## ***Mindfulness, Meditation and Stress Management with Art***

*Through mindfulness, art and meditation we can become more comfortable with complexity and uncertainty. Mindfulness strategies can change our habitual patterns of reacting to stress. We can learn to relax our body and train our brain to respond in ways that help regulate our nervous system so we don't react to all of the stresses we face in unproductive ways, e.g., by saying things we don't mean, by forgetting the things that really matter, or feeling overwhelmed by the pressures challenges we encumber. Mindfulness helps us stay true to who we are and be our authentic self with more peace in our life.*

**Mindfulness helps to increase focus, concentration, calmness, memory, sleep, health, conflict resolution, peace, joy and more!**

***Each class includes relaxation strategies, mindful movement, and contemplative and creative processes\* to learn about our inner self and how we relate to the world around us.***

*Class is taught by Rebecca Eller, PT, RYT, Mindfulness instructor. Rebecca has devoted 20 years of practice and study to help children and adults increase skills of awareness, self regulation and connection...helping students learn and develop their identity from a safe place within and be more engaged and independent in their life experience.*

**\* Special note from instructor: you do not need to be a "creative person" to participate!**

**Take a picture of this ad and register soon! Email with any questions:  
[rebeccalyneller@gmail.com](mailto:rebeccalyneller@gmail.com)**