**Movement...our most powerful source of communication**

**Connect through the power of movement and mindfulness**

“I bring to my work an understanding of the importance of motor/movement development and how it invites us in to better understand the inner world of our children and of ourselves.    Each of us has the potential within ourselves to find the best of who we are. I believe that it is through the ability to be present with ourselves and others that allows us to live our best and most authentic life. As we connect with ourselves and live in this genuine way, we allow others to do the same.  I feel privileged to create a space where this process can flourish.”

**Wellness Classes** We offer dance and yoga classes that emphasize developmentally appropriate movement that celebrates creativity, social interaction, and the joy of self-expression.

Itsy-Bitsy Yoga (3 weeks – 4 years)

Dance Discovery (ages 3-5)

Dance with ME! (ages 1-3)

**Mindfulness Practices for…**

**Parents and Family**   
***Continuing Education for the Most Important Job in Your Life!***  
**Available for Consultations and Continuing Education**  
Parenting Groups and Play Groups

**Mindful Parenting Groups and Workshops**

Learn to be in the moment with yourself and your children.  Explore ways of being more self-aware and self-accepting, so to better understand why we sometimes unknowingly project our own needs and insecurities onto our children. Find ways to nurture your needs and feel good about allowing yourself to receive support.  Explore how to understand children’s nonverbal communication, allowing us to better tune into their needs and why we intervene when we do.  Through this process, we can become more aware of our own nonverbal communication and what it is communicating to our children. Gaining more self-awareness, on a body level, can also help us recognize and alleviate our own stress, helping us feel more relaxed, present, and content.

**Mindful Family Consultations**  
Learn the skills of Mindful Parenting at home, with your entire family, and develop a plan that will help you and your child feel more successful. This is a great option for families who have children with mental health or developmental challenges, or for families who simply have questions about their child's behavior and are curious to know what their child is trying to communicate.

**Educators**

**Available for Consultations and Continuing Education**  
Early Childhood Education and Dance Education

**Mindful Teaching**  
Apply the skills of Mindful Parenting in your classroom.  Learn how to create a cohesive and safe environment where you and your students can feel a sense of mastery and presence!

**Individuals and GroupsMindful Movement**  
Our bodies store an amazing amount of information about who we are and how we function in the world.  By learning to trust our bodies and learning how to release the stress they store for us, we can feel more present and more joyful in our daily lives.    
  
**Authentic Movement**  
Inner-focusing movement meditation that provides a space for one to practice being authentic, in the moment, and free of self-judgment, allowing for the creative process of healing to naturally occur.