

# MINDFULNESS FAMILY DAY Event

## "Beginner's Mind"

January 20, 2018

10:00 – 11:30 am

Make 2018 the year of the Mindful  
Family



**Location: Frederik Meijer Gardens**

1000 E Beltline Ave NE, Grand Rapids, MI 49525

Frederik Meijer Garden Members Adults \$15.00/non-members \$18.00 each and  
Member Children (ages 7 – 16) \$10.00 each/non-member \$13.00

**Whether you are just curious about Mindfulness or you and your family practice mindfulness daily, come to our Mindfulness Family Day event.**

Mindfulness is paying attention on purpose to the present moment with kindness and curiosity. It is a way to uncover a path to resilience and learn how to cope effectively with life's challenges.

### Beginners Mind

January is a time of renewal, or beginning again for many of us. This idea of beginning again is quite helpful for families. It helps us learn to observe more carefully and to listen more accurately. It also teaches us that when things go wrong for us we can always begin again. Come and learn some skills that will be fun and enrich your family life. We will be learning to use our "superpowers" of seeing and hearing in a new way. This workshop is designed for beginners of mindfulness through those who are more experienced, and is appropriate for ages 7 and up. Mom, dads, grandparents and other loved ones- all are welcome!

**During our event participants will (learn) practice:**

- Mindful Listening
- Mindful Seeing
- Mindful Breathing
- Heartfulness- giving and receiving kind wishes
- Mindful scavenger hunt in the Gardens
- Making your own beginners bowl
- Mindful movement with Tai Chi/Qigong

TO REGISTER: go to Frederik Meijer Gardens <http://www.meijergardens.org/>

#### INSTRUCTORS:

Patti Ward, M.Ed.

Mindful Schools Certified

Instructor

616-204-2099

Brenda Schroeder, L.M.S.W.

Tai Chi/Qigong Certified

Instructor

616-450-8944

Cheryl Blackington, M.Ed.

Mindfulness in Schools

Certified Instructor

616-581-9127

Sponsored by the *Grand Rapids Center for Mindfulness*

