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## **Children: Mindfulness in the Museum**

Date and Time

Saturday 6/23/2018 10:30 to 11:30am

Event URL

<https://www.amazementsquare.org>

Event Region

Lynchburg Area

Event Type

Class

RSVP Info

434-845-1888

Event Cost

\$5.00

Event Description

Saturday, June 23rd, 2018 | 10:30 AM - Join us in our new Genworth Education Center for Mindfulness in the Museum as we take time to pause and breathe. Summer can be a busy time for children even with school being out. Join us for Mindfulness in the Museum as we slow down and bring awareness to the present moment. We will engage our senses as we make aromatherapy play dough, and learn how to use it at home as a tool for calming ourselves. Children and their caregivers are invited to try some mindful movement (otherwise known as yoga!), practice breathing techniques, and leave feeling recharged! A limited number of yoga mats will be available. Bring a yoga mat if you have one and remember to wear comfy clothing. Children: \$5.00 Adults free! Museum admission is not included. Pre-registration is required.