

My Morning Mindfulness

Fifteen-Week Morning Program that will introduce kids to the power of mindfulness by practicing: breath, focus, and movement using games, friendly yoga, reading, and daily intentions to build a conscious community enjoying a morning tea.

September 4 - December 15, 2017
7:30 - 8:45 am.

\$650/per semester

Register TODAY!



Zia Family Focus Center
where learning meets fun.

Focus

Intention

Community

Compassion

Zia Family Focus Center, ZFFC, a 501(C)(3) Organization
serving children and families since 1991

441 Monroe NE Albuquerque NM 87108

260-6106

learn@zifamilvfocuscenter.org

zifamilvfocuscenter.org

