



FREE MINDFUL EVENT FOR PARENTS & KIDS

SEPTEMBER 8, 2020 | 12:00 PM to 1:00 PM

- 12pm-12:10pm Introductions & Randi Jo's story
- 12:10-12:25pm Stretch, Breathe and Mindful Eating (bring a small snack- raisins or fruit/veg)
- 12:25-12:45pm Getting Grounded: introduction to mindfulness meditation
 - 12:45-1pm Q & A

VIRTUAL ZOOM MEETING

Meeting ID: 885 0083 8346

SEPTEMBER SPEAKER:

Randi Jo Greenberg | Family Mindfulness Teacher



Randi Jo has been a certified yoga teacher since 1999. She began teaching pre-natal yoga when she became pregnant in 2004 and that led to post natal yoga, mommy and me and then kids yoga. Randi Jo has been teaching yoga and mindfulness for Adults, kids and families ever since. Randi Jo is certified with Yoga Works, Yoginos, Yoga for Youth, Mindful Schools, an Anusara Inspired Teacher, and is currently enrolled in a 2 year Mindfulness Meditation Teacher Training Program.

CONTACT US

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