



Harmony Kids Yoga Presents...

# HARMONY AT HOME

MINDFULNESS PRACTICES FOR FAMILIES

A Yoga & Mindfulness Parenting  
Workshop



**LEARN SIMPLE WAYS TO  
INCORPORATE KIDS YOGA  
& MINDFULNESS AT  
HOME IN WAYS YOUR  
CHILD WILL LOVE!**



You will learn how to help your child:

Breathe when upset  
Create a Calm Down tool  
Use Mindful Movement  
Reset and Relax

#### About the Presenter

Jennie Abbot is the Founder of Harmony Kids Yoga & Mindfulness Company and the mother of 2 children. Jennie is a Registered Children's and RYT200 Yoga Teacher, Specializes in Yoga for Special Needs and Trauma Informed Practices for Children and Youth. Jennie has worked with children and families for over 20 years teaching calming techniques to bring peace into their lives.

