



## Mindfulness & Yoga Strategies for Early Care Providers

This interactive workshop introduces child care providers to valuable brain-body tools using the practice of mindfulness and yoga. We will review nervous system influences on self-regulation and mood. Demonstrations include breathing activities, guided imagery, hand mudras, yoga poses and simple flows for circle time. Participants are encouraged to dress comfortably and practice activities.

Register at  
[cciproviderpost.org](http://cciproviderpost.org)

**Class#: PP18-3**

**September 23, 2017,  
9:00a.m.-12:00p.m  
\$35.00**

Grant Funds can  
be used to pay  
for this  
awesome  
training  
opportunity.