

Nature, Mindfulness & Bringing Calm into Everyday

THIS IS A FAMILY BASED GROUP THAT TAKES PLACE OUTSIDE ON THE SABINO LAKE LOOP TRAIL. WE WILL PRACTICE MINDFULNESS, TOGETHERNESS, HOW TO BE PRESENT, AND USE THE OUTDOORS TO HELP SOLIDIFY FAMILY BONDS. THIS IS AN EASY RATED TRAIL, WITH NO PERSON LEFT BEHIND MENTALITY. COME DRESSED FOR THE WEATHER AND WALKING ACTIVITY WITH PLENTY OF WATER AND SNACKS. PLEASE NOTE THAT THIS GROUP IS NOT ABOUT EXERCISING, BUT IN HOW TO USE NATURE AS A HEALTHY MENTAL HEALTH HABIT. ALL AGES ARE WELCOME AND CHILDREN UNDER 18 MUST BE ACCOMPANIED BY A CAREGIVER.

DATES & TOPICS

ALL
AGES!

September 24th : Our 5 sense, grounding, & Taking Cues from Nature to Help Reduce Anxiety

November 5th: Storytelling & Using Fantasy, Outdoors, & Narrative Therapy to help with Depression

Saturday @8:00am-9:30am

REGISTER AT WWW.TANQUEVERDEPEDS.COM