

INTRO TO INTERCONNECTEDNESS

Act of Noticing

A WORKSHOP FOR PARENTS

What is mindfulness?
How to practice mindfulness at home?
How to practice mindfulness with young children?
How to parent from a loving place?



FREE
workshop!

MONDAY
FEBRUARY 5, 2018
STARTS
AT 7PM

DRESS IN COMFY CLOTHES

1620 S. BUNDY DR LA/90025
BAREFOOT ATELIER

FOR MORE INFO CONTACT KAREN:
310-2562136 | INFO@BAREFOOTATELIER.COM



Learn more about the teacher

Orlee's passion lies in bringing mindfulness to our next set of big decision makers. Mindfulness creates better focus and concentration, increasing attention and stability. There is a great sense of emotion and self regulation in real time. Mindfulness teaches students to witness this and make a choice. It is these skills that determine success when individuals enter the job market and become adults. We owe it to our youth to dedicate some of the day to Mindfulness & Yoga.

Orlee's great understanding of the body in movement began with a base in dance, aerial arts, solace in yoga and her own injuries. Studying further, she completed a Yoga Alliance 200hr Yoga Teacher Training and then extensive training in anatomy with Russ Pfeifer. Fascinated with how the brain, mind and body work together, Orlee enrolled in Dan Siegel's Interpersonal Neurobiology and UCLA's Mindfulness Awareness Practices I & II. Having to dip out of work for almost a year in 2016 for some surgeries, she explored stillness deeply. She completed a 400hr Masters Certificate in Meditation through the DEN Meditation and firmly believes in the healing powers of quieting the mind, which in turn, heal physical and emotional ailments. Orlee is also certified to teach mindfulness to young people through

Mindful Schools

