

# Looking



**Mindfulness is not just for adults! Even the youngest among us can be overwhelmed by our noisy world and crave quiet and genuine connection with inner peace and the simplicity of nature.**

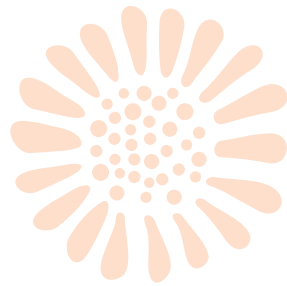


## For Ways To Get Your Kids Outside This Summer?

### Look No Further!

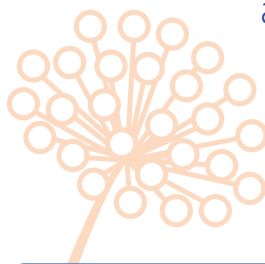
Join our summer nature **Outdoor Mindfulness Camp** at Third Haven Friends Meeting (the Quakers). This unique camp blends mindfulness & nature play for your children on the tranquil grounds of Third Haven located at 405 South Washington St. in Easton.

**Camp Dates: June 26-29**  
**Register By: June 1**



Each session will be spent with our talented and experienced preschool/early-elementary teachers, **Cherie Baron** and **Kristen Hanlon**, in nature with friends as it was meant to be explored: in a full body, hands-on, messy-play way. The camp will help kids develop a toolbox of mindfulness techniques.

**Two Camp Sessions** are offered for kids 5-12 years old, Monday-Thursday. Sign up soon as space is limited. The cost is \$100/child per session and scholarships are available.



**Mornings** 9:00-11:30am, or  
**Afternoons** 1:00-3:30pm

For more information or to register, e-mail:  
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