

Juggling and Mindfulness with Dalea

A “Conscious Flow” Program For Kids

Who: Ages 7 and Up

When: Tuesdays from October 22nd to November 26th, 3:15 to 4:00

Cost: \$60 (\$10 per session)

What is mindfulness? Being in the present moment with kindness and compassion.

What is juggling? Fun!

What do you get when you put them together? Conscious Flow!

Conscious Flow combines circus and juggling skills with important life skills like focus, discipline, self-awareness and self-confidence.



Juggling is a great way of learning to think consciously about what we’re doing and how we interact with the world around us. This class picks up on the themes previously introduced at Meadowbrook in mindfulness sessions, yoga presentations and [hooping classes](#). The program can help young people with concentration, body-mind awareness, kindness to oneself and others, and more. Not

to mention learning a skill that will impress your friends! Come join Dalea Reichgott for this special opportunity on five consecutive Wednesdays afternoons. Dalea will be assisted by Mr. Oser who’ll also be learning to juggle mindfully. Please return this form and the payment to Mr. Oser.

Bio: Dalea Reichgott is an educator in the Philadelphia area, teaching at the Community College of Philadelphia and tutoring with the company TEACH. She learned to juggle with Circus of the Kids, where she performed for nine summers in childhood. She has studied meditation, mindfulness and yoga with the Arsenijevic Institute of Consciousness Development and at various yoga studios. Dalea was a special guest visitor in PE class with Mr. Oser last spring.



Participant Name(s): _____

Please make checks payable to “The Meadowbrook School”