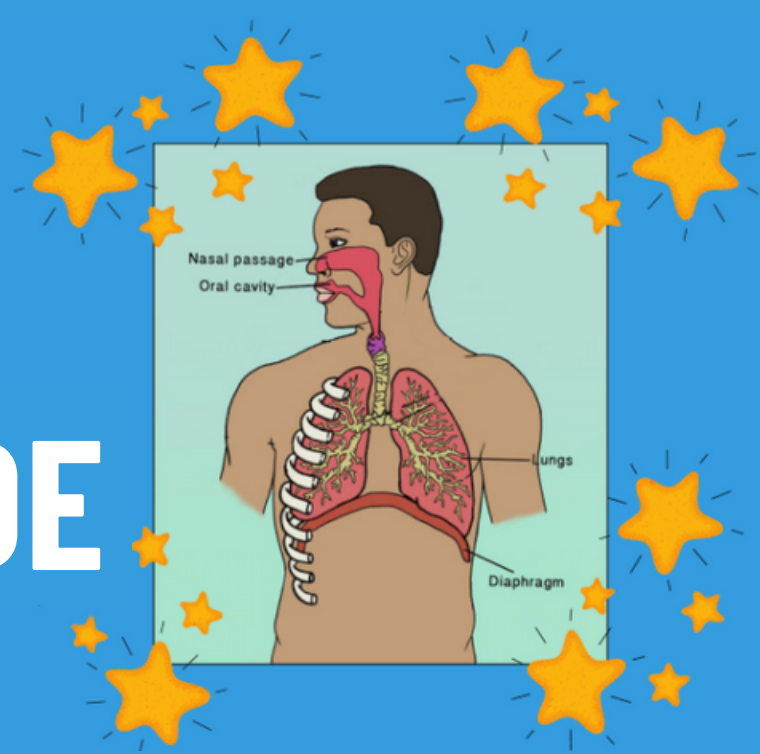


# BREATHING: THE SUPER POWER INSIDE OF YOU!



**Join us for 30 minutes of  
learning how to stay calm**

The virtual mini-lessons will focus on the power of breathing, designed to teach children 4 different breathing techniques to calm themselves.

**Tuesdays at 7pm**  
October 6, 13, 20, 27

**Thursdays at 3:30pm**  
October 8, 15, 22, 29