



Help us bring *mindfulness* to every child, family, & community.

#BreatheTogether2018

ABOUT

Ivy Child International, in partnership with lululemon’s Here To Be program, invites you to join us in bringing mindfulness to kids and youth through our **BREATHE TOGETHER** campaign. Commit to practicing 10 minutes of mindful breathing a day with a child or in support of children everywhere. **Our goal is to help you build your mindfulness practice and inspire children to do the same.**

WAYS TO GET INVOLVED

1 ATTEND OUR KICK-OFF EVENTS (JANUARY 25, 2018)

Family Mindfulness Marathon:
4-6pm (FREE for all ages) | Cambridge College

Building a Mindful City: Boston Panel Discussion:
7:30-9pm (\$25) | Cambridge College

2 JOIN OR CREATE A TEAM

Help us raise funds by participating in the campaign. Invite others to join or donate towards your goal. Then, **PRACTICE and BREATHE!**

3 DONATE

Help us bring mindfulness to children in need by making a donation.

REGISTER or MORE INFO: ivychildbreathetogether.rallybound.org



Cambridge College