

Mindfulness-Based Learning Community Programs

Ivy Child's Mindfulness-Based Learning (MBL) Community Programs are designed to teach participants to increase mindfulness, combat stress and anxiety, develop coping skills, and improve overall health, strength, and happiness. All programs are open to the community.



IVY CHILD
INTERNATIONAL

KIDS & YOUTH

ADULTS

ALL AGES

Mindfulness Masala

September 8 – November 5
Every Monday and Wednesday
3pm-4pm and 4pm-5pm
Central Rock Gym Yoga Studio
(299 Barber Ave, Worcester, MA)

Complete 8-Week mindfulness program for kids and youth, designed to teach self-regulation, self-awareness, combat stress and anxiety and improve academic engagement. Led by Ivy Child Founder and TEDx speaker, Rose Pavlov.

Cost:
\$450 Early Bird Special (Before Sept 5)
\$525 Regular (After Sept 5)
Limited space available.

First Fridays

Every first Friday of the month
Begins October 3, 5pm-8pm
Central Rock Gym (CRG) Yoga
Studio (299 Barber Ave, Worcester)

Yoga, mindful art and healthy eating/nutrition! Drop-ins welcome. Ages 3-11.

CRG Members: **Non-Members:**
\$20/Child \$25/Child
\$10/Add. Child \$15/Add. Child

Mindful Happy Hour

Monthly Event, 5:30pm – 7:30pm
Visit our website for location and other details.

A relaxing after-work "cocktail" of mindfulness. One-hour of yoga followed by a creative hour of mindful art, music, and healthy juicing/eating. Mingle with friends, young professionals, college students, and others in the community!

Fresh juice bar will be provided by Pure Juz, Worcester.

Cost:
\$30 (includes Yoga, Art, Music)
\$20 for parties of 2 or more individuals!
*Pre-registration required

- Event Dates:**
- o September 24
 - o October 22
 - o November 19
 - o December 17

Yoga in the Park

September 13 – November 1
Every Saturday, 10am – 11am
University Park, Worcester

FREE 8-Week yoga program, open to everyone in the community.

No pre-registration required. Drop-ins welcome!

Visit facebook.com/ivychild and join our event page for updates and announcements.



Partners & Sponsors:

