

CREATING A MINDFUL HOME THROUGH MINDFUL PARENTING

Meet Instructor - Heidi Stark, M.Ed,
RYT 200



Heidi brings a career in working with people of all ages spanning over two decades, many in the public education sector. Heidi holds Bachelor's Degrees in Early Childhood and Elementary Education and a Master's Degree in Special Education with a concentration in Family and Society. She is also a registered yoga teacher (RYT 200) recognized by Yoga Alliance and is currently pursuing her RYT 500 in Asheville, North Carolina. Heidi has taken additional advanced training in the areas of children and family yoga as well as intensives in yoga for those with Autism, ADHD and differently-abled. She has also completed intensives in mindfulness and meditation. With her business, H.J. Stark Wellness and Consulting, she has facilitated trainings with schools, small businesses, large international corporations, individuals, and nonprofits in the areas of mindfulness, meditation, and yoga. Heidi can be contacted at hjstarkwc@gmail.com

TUESDAY, JUNE 2, 2020 6:00 -7:30PM

Intended Audience:

Parents of children birth-age 8

Parenting is no easy job! Our homes are our connection to our loved ones, our health and our well-being. This offering will give parents and caregivers practical ideas on how to be more fully present with loved ones, practice self-care and give an introduction to mindfulness, breathwork and meditation.

Class Objectives:

Become familiar with the practice and definition of mindfulness

Explore research that supports mindfulness practices

Create awareness around times and situations that trigger stress and explore tools to use in these situations

Bring intentionality to your parenting

Make your home a place of peace, growth and understanding

Strengthen family bonds

Leave the training with concrete activities to use in your home with your children and family

Class held at Community Hospitals and Wellness Centers

433 W High Street - Bryan, OH 43506

Note: All fees related to this class are paid by Community Hospitals and Wellness Centers

Space is limited. Please register ASAP to reserve your spot by contacting Kathy Davis at 416-636-5414 or kathydavis@chwchospital.org.

**Some gentle movement will be part of the class
Wear comfortable clothes and bring a mat if you
have one**