

# MINDFUL SELF-COMPASSION FOR STUDENTS 10-13

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



Heidi is a child, adolescent, and family yoga specialist. She holds bachelor's degrees in *Early Childhood, Primary and Elementary Education*, a Master's Degree in *Special Education* and has a concentration in *Family and Society*. She holds a current teaching license and has taught in the public sector for over 20 years in different capacities with all age levels. She has worked with students in the areas of yoga, mindfulness and stress reduction and has led customized yoga for high school athletic teams. In 2017, she became a Registered Yoga Teacher (RYT 200) through Yoga Alliance. Heidi has taken advanced teaching intensives in meditation, mindfulness, neuroscience and trauma-informed practices, as well as children and teen yoga.

Heidi is the owner of H.J. Stark Wellness and Consulting and lives in Bryan with her husband and two sons.

**Sunday, September 27, 2020  
4:00-5:30pm - via Zoom**

Intended Audience: Students ages 10-13

Class Description:

Participants will explore self-compassion and be introduced to common humanity through activities, meditations, and gentle movement. Students will develop a larger, global perspective and cultivate awareness around empathy for self and others. Activities will be introduced that can be generalized and utilized to assist in dealing with difficult emotions to reduce stress and anxiety. During this session, students will explore ways to meet life's struggles with kindness and compassion.

**Class held online via ZOOM. It is highly suggested to use a computer or laptop for this class, as it is difficult to participate via phone or ipad.**

Note: This Class is sponsored by Community Hospitals and Wellness Centers. All fees related to this class are paid by Community Hospitals and Wellness Centers

Space is limited. Please register ASAP or no later than Monday, Sept. 21 - to reserve your spot by contacting Kathy Davis at 416-636-5414 or [kathydavis@chwchospital.org](mailto:kathydavis@chwchospital.org).

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