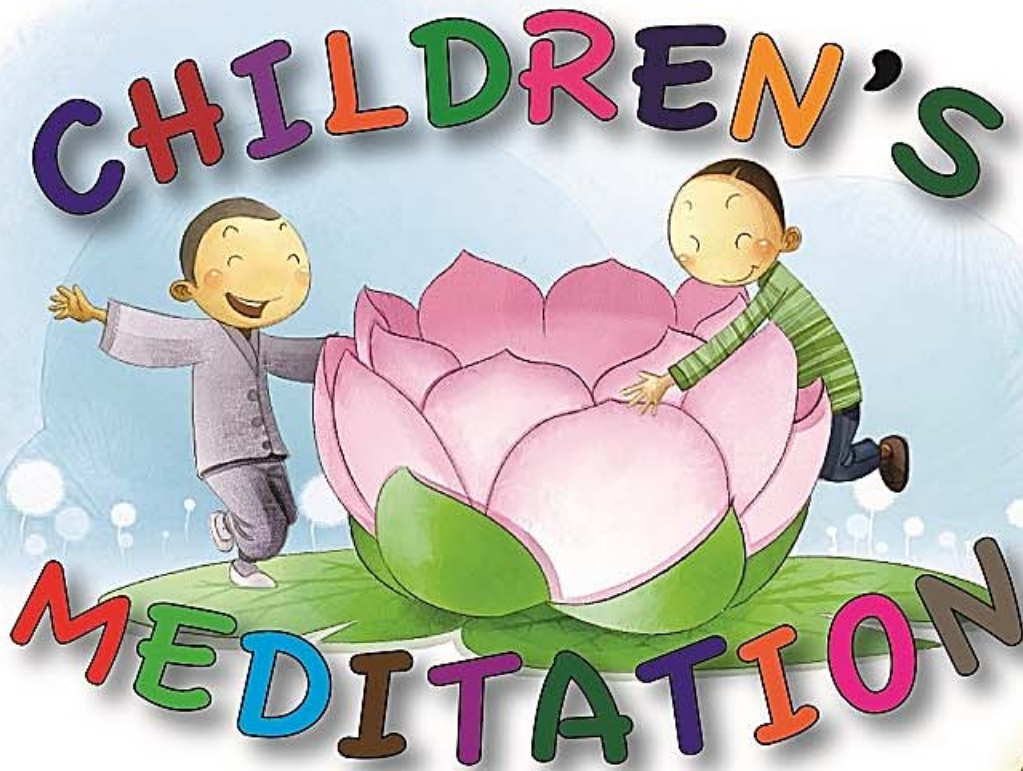



# CHILDREN'S MEDITATION



## Meditation helps:

- Improve focus and attention
- Reduce stress and anxiety
- Foster creativity
- Decrease aggression
- Expand attention span
- Increase resilience
- Develop patience and compassion
- Self regulation of emotions
- Increase optimism and happiness

## Ms. Aimee



“Aimee is a kind-hearted mom of two meditator kids. She has a fluttering butterfly for a heart and a warm summer breeze for a spirit. Her nurturing nature has called her to share the meditation practices with the little lotus buds. Just as many of us are in constant pursuit of balance, in addition to her family and work Aimee volunteers her time as the Secretary of Soshimsa Zen Center.”

-Ven. Myong-Ahn Sunim

Each month we will explore various themes through which to practice mindfulness and meditation.

Classes will end with several minutes of traditional seated meditation.

**THURSDAY EVENINGS 7:00 - 7:30 PM**  
**FOR AGES 7 - 12 YEARS**

**MAY 4 \* MAY 11 \* MAY 25 @ THE SOUTH PLAINFIELD LIBRARY**