

CLASSES FOR AGES 7-11

Thursdays 4:30 – 5:15pm

Mindfulness,
Movement,
Yoga,
Social –
Emotional
Life Skills



Dragonfly Circles: Educational enrichment program.

Weekly theme cultivating strong minds, strong hearts, & strong bodies to discover our very own inner resources or “superpowers” including stillness, balance, peace, calm, focus, listening, kindness, positivity, leadership, flexibility, resilience, and more! Promotes social, emotional, & physical well-being grounded in science and positive psychology. Best of all, it’s fun!

“Dragonfly Circles” at Omni Yoga Studio, Los Osos (2190 9th St)

SIGN UP: OmniYogaStudio.com/schedule

INstructor: Dee DiGioia, Certified Mindfulness Educator & Life Coach

Dee DiGioia, a former speech language therapist in public schools, is founder of “Mindful Kindful YOUiversity” and has worked with children for over 30 years, including serving those with social, emotional, behavioral, cognitive, and communication challenges. Dee has piloted mindfulness programs in Northern California schools and envisions the same for our local communities. Mindful. Kindful. Skillful.

More complete class info at MindfulKindfulYOUiversity.com/youth



Bridget Salisbury 805-215-4565



Dee DiGioia 805-270-5523