

# Learning to Relax Through Mindfulness



Free online classes designed for parents and caregivers of school-aged children by Certified Meditation Instructors.

This fall series will provide insights on stress management, relaxation, and how to experience the mind free from emotional reactivity to live a happier and healthier life. It will offer information, tips, and tools focused on being mindful for parents and guardians so they may inform themselves and show their families simple techniques to use. The San Diego County Office of Education and certified mindfulness meditation instructors, with extensive backgrounds, collaborated to offer these free online webinar classes.

All classes

**6:00 to 7:00 pm**

**Sep. 4**    **What the Body Can Teach Us**  
Brenda Zappitell  
<http://sdcoe.k12oms.org/918-269393>

**Sep. 25**    **Awareness: Your Brain's Superpower**  
Rimmy Mann  
<http://sdcoe.k12oms.org/918-269396>

**Sep. 11**    **Mindfulness of Emotion**  
Robert Eyler  
<http://sdcoe.k12oms.org/918-269395>



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**Sep. 18**    **Attending to Thoughts**  
Jaime Pineda  
<http://sdcoe.k12oms.org/918-269394>



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Donny Ojeda [donald.ojeda@sdcoe.net](mailto:donald.ojeda@sdcoe.net) at least 48 hours in advance. For a fully accessible version of this information please go to:



Participants may be photographed for use in promotional and/or news materials.

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