



SCAN HERE

Unwind YOUR MIND

An SEL + Yoga Workshop for
Kids ages 7-12

Led by Kristen Perrotti, Licensed School Psychologist/School Counselor & Samantha McGurgan, Certified Mindfulness + SEL Facilitator/RYT(200)

\$50

Engage in Mindful Movement with a Registered Yoga Teacher (RYT200)

Practice critical SEL skills in a safe environment with a license psychologist

Connect to your mind, body, and community

AUGUST 14, 2024

@ 4:00- 5:30 PM

800 Turnpike Street

(1st floor large conference room)

North Andover, MA 01845



SAMANTHA MCGURGAN COACHING

Wellbeing • Work • Yoga

