



REGISTER IN ADVANCE

EARLY CHILDHOOD CREATIVE ARTS & MOVEMENT CLASSES WINTER/SPRING 2023

Please contact **Emily Alona**,
LCSW at **707.933.2595** or
ealona@hannacenter.org
to register in advance.

PARENT-CHILD YOGA AGES: 0 – 6YRS

The instructor combines mindfulness, breathing and gentle yoga poses that bring focus to the parent-child relationship. Parents will experience firsthand the benefits of co-regulation for themselves, their child, and their relationship as a whole.

Instructor:

Krissy Marchus, RYT 200+, MA

Dates:

Wednesdays
beginning January 11

Time:

10:00-10:45am

Location:

Sonoma Community
Center – Movement Room

Cost:

\$10 Suggested Donation
(but all are welcome,
regardless of ability to pay)

**Krissy Marchus, RYT 200+, MA is Mindful Schools Certified, trained in Trauma-Informed Yoga, and has 30 years teaching experience with children and adults.

PARENT & ME AGES: 1 – 3.5YRS

Enrich your Little One with Music, Movement, Creative Play, Bonding & Community. Each class will explore Sound through Music, Movement & Rhythm, Texture, Form & Play. Wear comfortable clothes, sneakers or grippy socks. We look forward to being together.

Creative Arts Teacher:

Diane Stenlund

Dates:

Fridays
beginning January 13

Time:

9:30-10:00am

Location:

Hanna Admissions Bldg.

Cost:

\$10 Suggested Donation
(but all are welcome,
regardless of ability to pay)

KIDS CREATE! AGES: 3.5 – 6YRS

Go on a Fantastic Voyage through Story: an introduction to Mindfulness, Music, Movement & Art! Wear comfortable clothes, bring your imagination, and let's get CREATIVE!

Creative Arts Teacher:

Diane Stenlund

Dates:

Fridays
beginning January 13

Time:

10:30-11:15am

Location:

Hanna Admissions Bldg.

Cost:

\$10 Suggested Donation
(but all are welcome,
regardless of ability to pay)

**Diane Stenlund has a BS in Art Education and is Mindful Schools Certified. She has been a creative arts & mindful meditation teacher - with babies through adults - for over 35 years.



COMMUNITY HUB
MENTAL HEALTH AT HANNA