



REGISTER IN ADVANCE

EARLY CHILDHOOD CREATIVE ARTS & MOVEMENT CLASSES SPRING/SUMMER 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 and the benefits of co-regulation.

Instructor:

Krissy Marchus, RYT
200+, MA

Dates:

Wednesdays
(3/15, 3/22, 3/29,
4/5, 4/12, 4/26)

Time:

10:00-10:45am

Location:

Sonoma
Community Center
Movement Room

Cost:

\$50 for 6 Sessions

***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. Wear comfortable clothes and shoes.

Creative Arts Teacher:

Diane Stenlund

Dates:

Fridays (Ongoing)

Time:

9:30-10:00am

Location:

Hanna Admissions
Bldg.

Cost:

\$10 Drop In
(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.*

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:

2nd & 4th Thursdays
(3/9 & 3/23, 4/13 &
4/27, 5/11 & 5/25)

Time:

3:30-4:15pm

Location:

Hanna Admissions
Bldg.

Cost:

\$50 for 6 Sessions
\$10 Drop In

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KIDS EXPLORE! AGES: 7 – 10YRS

Young artists of all abilities gather to enhance their creativity and skill. Students are asked to bring an example of what they would like to learn how to draw. Art materials will be provided. Let's explore together!

Creative Arts Teacher:

Diane Stenlund

Dates:

2nd & 4th Thursdays
(3/9 & 3/23, 4/13 &
4/27, 5/11 & 5/25)

Time:

4:15-5:15pm

Location:

Hanna Admissions
Bldg.

Cost:

\$50 for 6 Sessions
\$10 Drop In

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Hanna Center
17000 Arnold Drive
Sonoma, CA 95476

 **COMMUNITY HUB**
MENTAL HEALTH AT HANNA