

TEEN WELLNESS EXPERIENCE

A gathering for young people to calm the mind and awaken the inner spirit

February 21, 2017

RE: Teen Wellness Experience-Parent Information Form

Dear Parent or Guardian,

Please be aware that The Norwalk Education Foundation is offering a *Teen Wellness Experience* on **March 5th at the Redding Meditation Center from 1:30-3:30pm**. This is an innovative experience designed to help young people de-stress and develop tools for self-awareness and inner-peace in the tranquil environment of the Redding Meditation Center in Redding, CT.

We are so pleased to announce that our certified facilitators Pilin Anice and Jeff Jones from *AfroFlow Yoga* will be leading this 2-hour workshop, and we will have trained teachers from Norwalk High School chaperoning this event as well. Pilin's work has been featured on *Good Morning America* and she is thrilled to be working with teens from the Norwalk Public Schools and offering a program that is designed to awaken the mind, body and spirit in an atmosphere of joy. And we are also pleased to welcome back Jeff Jones who will be offering his musical gifts as a sound healer.

DATE: March 5, 2017

TIME: 1:30-3:30pm

LOCATION: The Redding Meditation Center in Redding, CT

COST: \$0

NOTE: There are only 45 spaces available and reservations will be done on a first-come-first-serve basis. If you are interested in signing up your teen, please email NEF, info@norwalkeducation.org.

Please also note that since this is a weekend event, transportation to the meditation center is not provided.