

# ANXIOUS to Awesome™

**3:30–4:45 pm | Thursdays: Feb. 7<sup>th</sup>-March 14<sup>th</sup>**

**Grades: 1<sup>st</sup>-4<sup>th</sup>**

**Cambridge Elementary School (CES), Rm 129  
(802 West Water St Cambridge, WI)**

When feelings of stress or worry interfere with daily routine and quality of life, it's time to take action. Does your child have anxiety about going to school? Does your child complain of, or tend to miss school, because of tummy aches or headaches? Does your child avoid joining social activities due to anxious feelings? Your child is not alone.

In today's fast-paced world, it is normal for children to experience some form and level of anxiety. It's important to help teach them how to manage those feelings so they don't manifest into something more serious.

In Anxious to Awesome™, children will learn mindfulness techniques and tools to help develop self-regulating practices by bringing about awareness in their body, breath, and mind. Join me in this six-week session, where we will explore these practices through fun themed yoga poses, breath work, creative expression and games, along with a sense of unity.

***Learn the power of Attention Balance Compassion.***

**Register below. Class size is limited**

**<http://www.cambridgecap.net>, click on Registration Now>**

**Youth Programs>Enrichment or call (608) 423-8108**



*Led by Erin Fergusson Frey  
RYT-200 Yoga Teacher,  
Trained in Mindfulness*