

PIMC Youth Dharma Program

🌟 2023 SCHEDULE 🌟

The PIMC Youth Dharma Program offers opportunities for kids to develop mindfulness through engaging activities, games, and art while learning, making friends, and having fun!

Join us every 2nd and 4th Sunday from 10:00 to Noon

Beginning July 9, 2023

DATE	UNIT	LESSON
7/09/23	Welcoming Class	Getting to Know Each Other
7/23/23	Unit One: Meditation	Breathing Meditation
8/13/23		Mindfulness of the Senses
8/27/23		Mindfulness of the Body
9/10/23		Walking Meditation
9/24/23		Mindfulness of Emotions
10/08/23		Mindfulness of Thoughts
10/22/23		Pebble Meditation
11/12/23		Stone Soup
11/26/23	Unit Two: Kindness	Family
12/10/23		Acts of Kindness
12/24/23	No class today	Happy Holidays!

Help support the new Youth Dharma Program!

If you'd like to bring vegan, nut-free snacks, volunteer your time, or provide other resources to support the Youth Dharma Program, please contact Noelle Wittliff: noelle@mindfulparenting.com.

And please fill out our volunteer sign-up survey at www.bit.ly/pimcvolunteer

Thank you for supporting our children's sangha!