

Mindful Movement

Brought to you by:



Saturday, August 29

10:00am – 12:00pm

920 3rd St., Neptune Beach, FL 32266



Our Youth Program Friends are invited to join us for this meaningful Expression, Connection, & Healing Opportunity!

Trauma-Informed Yoga with Yoga 4 Change

- ♥ Learn how trauma-informed yoga practices help support regulation, resilience, & healing.
- ♥ Experience a gentle yoga session where you move in ways that feel supportive & safe.
- ♥ Practice mindfulness, help calm the nervous system, & build present-moment awareness.
- ♥ **All participants must have a parent/guardian sign a consent form before or upon arrival.**
- ♥ **We will meet at Here Tomorrow at 10:00am and walk to Jarboe Park (510 Florida Blvd, Neptune Beach, FL 32266) by 10:15am.**
- ♥ **All materials provided, so just show up as you are! (You're welcome to bring your own mat)**

If you would like to bring a friend along with you (18 & under or Middle/High School student), we'd love to have them join us! You will need to complete the following process:

1. Provide your friend with a **Here Tomorrow & Yoga 4 Change** Consent Form;
2. Your friend's legal guardian/parent will need to complete the form indicating it is okay to participate in our event;
3. Bring completed Consent Form to Here Tomorrow prior to or on the day of the event;
4. Have fun!

You're welcome to drop in, no RSVP needed—but if you know you're coming or bringing a friend, we'd love to hear from you!

Reach out to your Peer if you have any questions or concerns!

(904) 371-2900

YOUTH PROGRAM

920 3rd St., Neptune Beach, FL 32266

Monday – Friday, 11:30am – 8pm

