



Greetings,

I am reaching out on behalf of the Mindful Kids Inc., a local non-profit organization established in 2018. The mission of the organization is to introduce school-age children in the Montgomery County community to the physical and emotional benefits of yoga and mindfulness practices. Our teachers are trained and certified by the nationally recognized Little Flower Yoga Institution and all of the curriculum is secular in nature.

As I am sure you are well aware, our children are living in challenging times, dealing with unprecedented levels of stress, anxiety and depression. Working in the community, we have seen the impact of the pandemic on our students' mental health, firsthand. That being said, Mindful Kids Inc. would like to partner with your institutions/organization to offer mindfulness and yoga practices to children and youth, who might not otherwise have access. These classes would be available as before or after school activities.

The program would be offered at no cost to either the students or to you (school, organization, etc.) Our organization is supported by both personal donations and various grants.

Research suggests that the earlier we can introduce these positive coping strategies to our children, the greater the opportunity to help students cultivate resilience, tackle life's on-going challenges, and be emotionally equipped.

If you feel this program could benefit your student and you would like more information about Mindful Kids Inc. please feel free to visit:

www.mindfulkidsinc.org

E-mail: bepresent@mindfulkidsinc.org.

Facebook: @MKI2018

Instagram: mindfulkidsinc

We look forward to hearing from you!

MKI Team