

# MINDFUL KIDS INC.

*Our mission:*

**TO BRING  
MINDFULNESS  
AND YOGA  
TO CHILDREN IN  
OUR  
COMMUNITY AND  
SCHOOLS**



**JOIN US!**

**•SOCIAL MEDIA• PARTNER • VOLUNTEER•**

VISION: Develop children and teens who are mindful, self-aware and resilient for a compassionate and better world.

Mindful Kids Inc. is a nonprofit organization established in Clarksville, TN since 2018.

Mindfulness and Yoga :

- Empowers connection to mind, body, emotions and community.
- Fosters growth in focus, flexibility, strength, and self regulation.

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[www.MindfulKidsInc.org](http://www.MindfulKidsInc.org)

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