



the nourishment  
workshop

Now I Know  
Find your Inner  
Buddha!

Get Cozy Inside...  
(and improve that math score..)

Enhance Focused Attention, Emotional Balance  
Attention Skills, Creative Expression  
Inner Confidence, Self Awareness

### **Drama, Art, Poetry, Yoga**

Join us for this six week Wisdom  
Based Learning Experience!  
Age Range 1st - 3rd Grade

#### Facilitators:

Kristen Brookes,  
Registered Drama Therapist and  
Licensed Creative Arts Therapist



Positive Psychology Coach

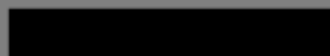
#### Location:

386 1st Street  
Brooklyn, NY 11215  
(Between 6th  
and 7th Avenues)

#### Time:

Nov 7- Dec 19  
Wednesdays  
4:30-5:30 pm

For more information contact Kristen on



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