



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 [REDACTED]

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