



Move Mindfully on Mother's Day



Take a breath and join us for a gentle stretch, some mindful Mother's Day activities and light refreshments.

Mindful Movement Educator Sharnell is a mother to a teenager and knows how busy life can be, and that sometimes being a parent can be as tough as it is rewarding. Sharnell helps people to find strength and balance in the everyday.

Invite your teenagers along to enjoy mindful breathing, shapes and partner shapes, followed by relaxing mindful activities and light refreshments.

This session is presented by RecoveryRoom Mindful Movement.

Sunday 12 May, 10.00am - 12.00 noon
History House Museum

This session is for mothers and their teenage children.

Places are limited and bookings are essential.

Visit library.armadale.wa.gov.au or call **9394 5670**.

Note: Please wear comfortable clothing suitable for gentle movement. Yoga mats are provided or bring your own yoga mat/bolster/pillows for extra comfort.
This session will take place outside.

History House Museum | (08) 9394 5670
Minnawarra Historic Precinct
7 Orchard Avenue, Armadale
📍 library.armadale.wa.gov.au

CITY OF  **Armadale**