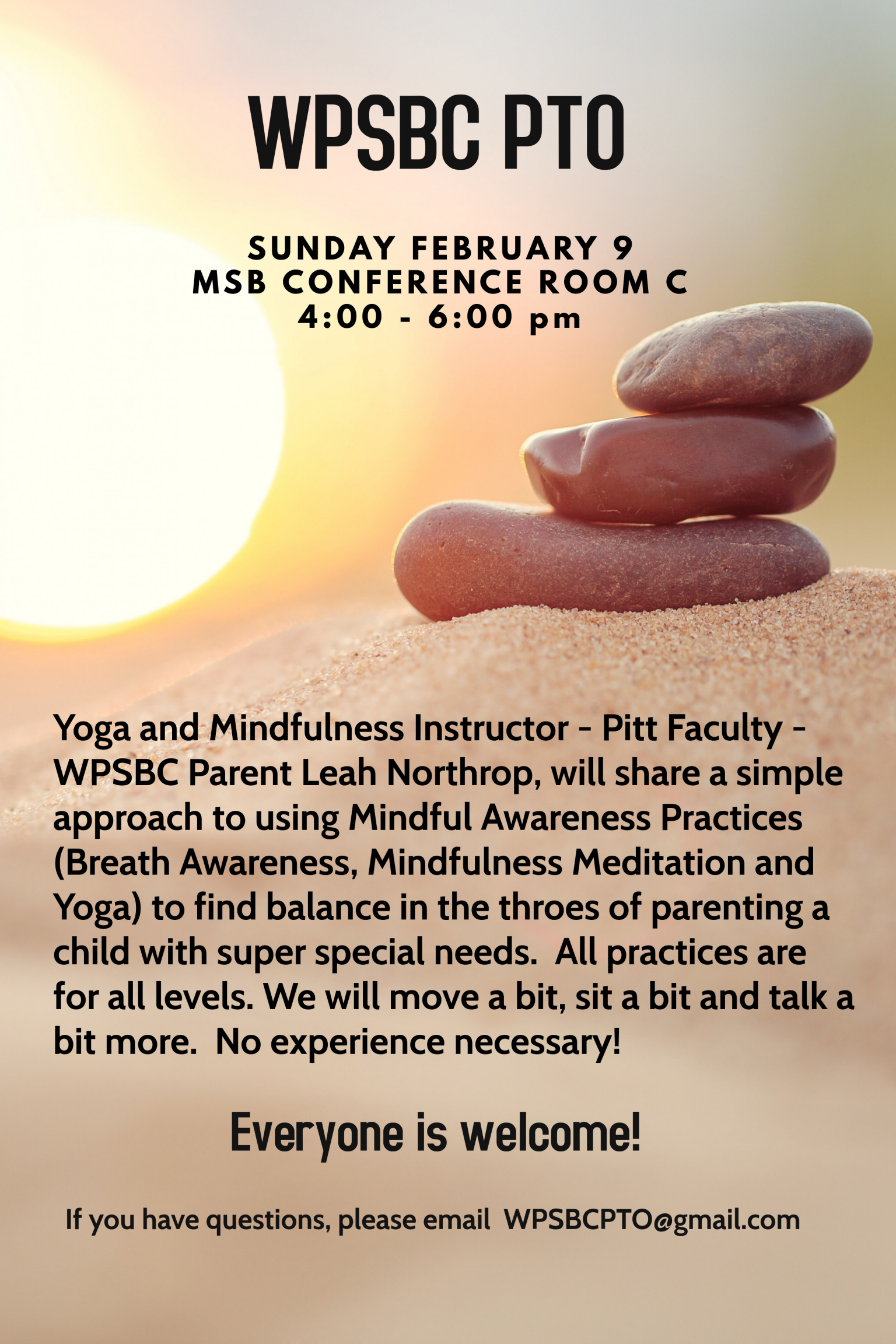


WPSBC PTO

**SUNDAY FEBRUARY 9
MSB CONFERENCE ROOM C
4:00 - 6:00 pm**



Yoga and Mindfulness Instructor - Pitt Faculty - WPSBC Parent Leah Northrop, will share a simple approach to using Mindful Awareness Practices (Breath Awareness, Mindfulness Meditation and Yoga) to find balance in the throes of parenting a child with super special needs. All practices are for all levels. We will move a bit, sit a bit and talk a bit more. No experience necessary!

Everyone is welcome!

If you have questions, please email WPSBCPTO@gmail.com