



CRIM MINDFULNESS TRAININGS & EVENTS



COMMUNITY YOGA AND MINDFULNESS AROUND THE TOWN IN THE GREATER FLINT COMMUNITY

Every Wed

Community Yoga
Brownell Elementary
4:30 pm - 5:30 pm
6302 Oxley Dr., Flint, MI 48504

Every Wed

Community Yoga
Educare Preschool
10:00 am - 11:00 am
1000 Gladwyn St., Flint, MI 48504

Every Thurs

Community Yoga
Southwestern High School
5:00 pm - 6:00 pm
1420 W 12th St., Flint MI 48507

1ST Wed

Community Yoga
Crim Fitness Foundation
5:30 pm - 6:30 pm
452 S. Saginaw St.,
Flint, MI 48502

2ND Mon

Mindful Monday's
5:30 pm - 6:30 pm
Location rotated quarterly, please
check the website or call the Crim
for the location of the current month's
mindful Monday

Every Wed

Chair Yoga
Slidell Senior Center
2:00 pm - 3:00 pm
2201 W Carpenter Rd.,
Flint, MI 48505

For an up-to-date community classes schedule visit:

Crim.org/Mindfulness





WORKSHOPS & TRAININGS

A Mindful Me
9:00 am - 4:00 pm

Sep 27

**Mindfulness Based Stress
Reduction**
5:30 pm - 7:30 pm

Sep 30

Playing Attention
9:00 am - 4:00 pm

*Must attend A Mindful Me prior to attending Playing Attention

Oct 4

**Crim Yoga Ed. PI 2: Teaching
Yoga to Teens**
8:30 am - 5:00 pm

Oct 18

**Search Inside Yourself
Certified Program**
9:00 am - 5:00 pm

Oct 22

A Mindful Me
9:00 am - 4:00 pm

Dec 6

Playing Attention
9:00 am - 4:00 pm

*Must attend A Mindful Me prior to attending Playing Attention

Dec 13

All trainings will be held in the Greater
Flint Area - please see the event locations
by visiting crim.org/mindfulness

For an up-to-date event schedule visit Crim.org/Mindfulness