



# ZEN FAMILY PRACTICE

For Parents/Caregivers and their Children from Birth  
to Kindergarten Age, and Older Siblings

Zen Family Practice is based on the early childhood family education model: grown ups and children attend the class together. The class begins with dharma songs, yoga and mindfulness practices.

Grown ups then have a discussion led by a teacher, while the children enjoy a snack and free form play to build friendships. Children who have difficulties separating are welcome to stay with the grown up group. The families come back together for story time and closing.

Zen Family Practice was created as a way to share ideas about how to cultivate a household with a spiritual center. We have a chance to express our concerns, learn about home-centered practices for families, and meet others with similar interests.

Raising children in a spiritual tradition helps to give them the foundation they need as they grow. By starting at a young age, we have the opportunity to create life long patterns that give our children support through difficult times.

Meets every other Sunday from  
9:00 -10:30 a.m. at Clouds in  
Water Zen Center. By donation.



## 2018 DATES

- September 30
- October 14 & 28
- November 11
- No class on Nov. 25
- *December 9: All Ages Buddha's Enlightenment Activities*

## 2019 DATES

- January 6 & 20
- February 3 & 17
- March 3, 17 & 31
- *April 7: All Ages Buddha's Birthday Activities*
- April 14 & 28

## Questions?

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<http://cloudsinwater.org/youth-practice/zen-family-practice/>