

## Program: Yoga + Yarn: The Art of Mindful Knitting

Instructor: Liza L.

Mindfulness involves a conscious direction of our awareness on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them as "good" or "bad." Explore turning your knitting into a mindfulness practice. In this class we learn mindfulness techniques, breathing practices and a few stretches. We explore how to incorporate contemplative practices into your crafting. The goal of this class is to learn to be present with your knitting. No prior yoga or knitting experience required.

Supplies and Materials: None

Homework: None