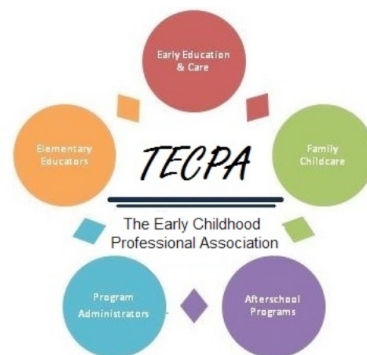


# Join us for our next TECPA Program



## Mindfulness & Self-Care

### Strategies: How to find balance in mind and body, as well as in one's life

Presented by Deana Tavares & Maggie Sky, M.A.

How do we find our calm place throughout the chaos of life? Is it possible to rewire our brains and adjust our routines to reduce stress, increase mindfulness, and enhance our own self-awareness? How do we take back our time? This program will focus on:

- Stress Reduction Strategies - techniques to release tension, feel calmer and less stressed
- Mindfulness techniques to improve your self-care, create balance, be more focused and feel better about your frame of mind
- Shifting from "human doing" to "human being" - how to shift how you engage in your world, including your work.

Maggie Sky, M.A., is the Director of Operations at Roots & Wings Yoga and Healing Arts. For over 23 years, Maggie has been working with individuals and groups to help them find balance in their lives and deepen their mind/body wellness. Maggie has her master's degree in clinical mental health counseling and has received certifications in Kripalu yoga, Neurolinguistic Programming, and Hypnotherapy.

Deana Tavares is a visual artist, published poet, and performer. Her search for peace through the difficulties of life have helped her to gather many tools along the way to navigate through it all. Her exhibitions and performances have a strong focus on nature, social issues, and our interconnectedness with all of humanity and can be found on: [jummyjeenz.com](http://jummyjeenz.com), [DedhamTV](http://DedhamTV), [HCAM Studios](http://HCAM Studios) Wake Up And Smell The Poetry, [wediditforyou.org](http://wediditforyou.org), [EngagingPeace.com](http://EngagingPeace.com), [Art On The Trails-2019 & 2020](http://Art On The Trails-2019 & 2020), and [Hope Through Community](http://Hope Through Community). She is an Arts Connect International 2021 Ripple Grant recipient.

**When:** Tuesday, January 25, 2022  
**Where:** Via Zoom, login credentials shared after registration  
**Time:** 6:30-8:30 p.m. program  
**Cost:** \$35.00 per person  
EEC Core Competency – Area 4: Health, Safety and Nutrition

Space is limited. Registration is available online at [www.tecpa.org](http://www.tecpa.org)  
Please check out our TECPA website for information about all our upcoming programs.

**All program registrations are final, no refunds will be issues,  
and program fees may not be traded from one program to another.**

You can find us at [www.tecpa.org](http://www.tecpa.org). Join us on Facebook at <https://www.facebook.com/TECPATraining>

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