



Refreshing our Practices through Mindfulness

Learn techniques to escape the work day stressors. Enjoy this refreshing experience as expert Lauren Eckstrom (see bio) demonstrates ways to refresh our spirits and strengthen our ability to be presence within our practices. Included in this one-hour workshop will be ideas to incorporate with our children.

OCRRT Spring Webinar

Wednesday, March 10, 2021
5-6pm

Cost \$5, Free for OCAEYC
members

*This will be recorded for who cannot
make it on time.



Lauren Eckstrom is a Holistic Yoga Flow E-RYT Yoga Alliance-certified yoga teacher, certified mindfulness meditation instructor, and certified holistic health coach. She guides some of the world's most well-known musicians, filmmakers, executives and Fortune 500 companies in yoga, meditation and personal growth. Lauren leads

workshops, retreats and teacher trainings in the Los Angeles area and internationally. Lauren co-founded [Inner Dimension TV](#), an online streaming service for yoga, meditation and personal development. She co-authored [Holistic Yoga Flow: The Path of Practice](#) and has written about yoga and mindfulness for Yoga

Journal, [MindBodyGreen.com](#), The Huffington Post, LA YOGA Ayurveda and Health, and Mantra Magazine. She is on the faculty at 1440 Multiversity and was recently featured on the cover of Yoga Journal. She was also named a Yoga Journal Influencer, as one of the top 15 teachers to study with.

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Orange County Association for the
Education of Young Children