



Have FUN while learning meditation and mindful movement with an engaging activities based curriculum.

Ages 6-12

9:30-11:30 am in the Upstairs Dharma Room

2024-25 Schedule

September 8, 2024
September 22, 2024
October 6, 2024
October 27, 2024
November 3, 2024
November 17, 2024
December 8, 2024
December 22, 2024
January 12, 2025
January 26, 2025

February 9, 2025
February 23, 2025
March 9, 2025
March 23, 2025
April 13, 2025
April 27, 2025
May 4, 2025
May 18, 2025
June 8, 2025



Danielle Alpher, Dharma School Executive Director
Lisa Odom-Villella, Dharma School Curriculum Director



Providence Zen Center
99 Pound Road
Cumberland, RI 02864
danielle@thinkingbuddies.org
lisa.odomvillella@gmail.com

