

Embodying Discipline

**An Experiential Workshop
for Parents**

Led by Lani Hill & Lynn Adelman

Acorn Hill Waldorf Kindergarten & Nursery

Tuesday, November 29

7:30-9pm

From toddlers to teens, our children call upon us to "stand firm" on issues we believe are important. On occasion, we may need to "put our foot down", and it can be all too easy to feel like a "pushover."

Movement is our first language, and a gesture can sometimes speak more clearly than words. In this workshop we will increase our awareness of the non-verbal realm of parent-child communication through simple movement exercises. Clear communication assists in laying the foundation for life-long trust and understanding. Please dress in clothing suitable for movement.

Lani and Lynn are on the faculty of the Washington Waldorf School's Early Childhood Department. They are both professional dancers and movement educators. Lani is an Educational Support teacher and Lynn is a Laban Movement Analyst.

\$10 donation requested at the door.



Acorn Hill Waldorf Kindergarten & Nursery

9504 Brunett Avenue Silver Spring MD 20901 301.565.2282

www.acornhill.org