

# Ease Into the Season: Mindfulness Practices for Holiday Calm

Join **Jess Vecchiarelli**, founder of *The Aligned Path*, for a 60-minute mindfulness class designed to help you slow down, restore balance, and move through the holiday season with greater ease.

This gentle experience offers space to pause, reconnect with yourself, and cultivate a sense of presence and peace that extends beyond the class.



## What You'll Experience:

- Guided breathing and mindfulness practices to help you feel centered and at ease
- Practical tools to regulate your nervous system
- Tea and journaling for mindful reflection
- A take-home kit to support your ongoing practice

**Thursday, December 4**

**7:00–8:00 PM**

**\$40 VBM Residents | \$50 Non-Residents**

**Briarcliff Manor Youth Center**

[Register by December 1](#)



**Come solo or bring a friend.  
No experience needed.**



THE ALIGNED