

# Mindfulness In Parenting

Sunday, February 11<sup>th</sup>

10:30am-12:00pm

S. Lamar Campus

Childcare Provided

RSVP to [stacy@mariposamontessori.com](mailto:stacy@mariposamontessori.com)

**Join Dr. David Zuniga, for a practical, experiential workshop where we will discuss both the ideas and practices of mindfulness meditation and philosophy.**

*More about David: Dr. David Zuniga earned his Ph.D. in clinical psychology and is a licensed psychologist in private practice in Austin. Previously, he earned a master's degree in meditation and Buddhist philosophy from Harvard Divinity School, and also holds a master's degree in English literature. Dr. Zuniga was ordained in South Korea as a Zen Buddhist priest, and worked for over a decade as a Zen/interfaith chaplain in pediatric and adult end-of-life healthcare. In addition to his psychology practice, he provides talks internationally and is finishing a book on Zen, mindfulness, and end-of-life care.*



“Freedom for All—A Nation We Call Our Own”