



# MUSIC

# MOVEMENT

and

# MINDFULNESS

**Carol Swann** has a playful and thoughtful way of weaving music, movement and mindfulness in her music sessions. Children develop their music skills, motor coordination and social skills through creative play, songs, and storytelling. Children will also learn how to listen to the silence and learn child friendly Yoga poses through songs, books and cooperative play.

Carol is a Certified Music, Yoga and Meditation Teacher and is excited to offer these Early Childhood music sessions at Wonder Works in Oak Park through the Oak Park Area Arts Council! Ms. Swann earned her Master's in Clarinet Performance from Northwestern University and Bachelors in Clarinet and Certification in Music Education from Roosevelt University, and has taught music to children for twenty years. She received her Certification in Hatha Yoga from the Temple of Kriya Yoga in Chicago where she also taught for several years and continues her studies in meditation with Elesa Commerse. *She is thrilled to connect families through the joy of music, movement, and mindfulness. You can contact Carol Swann to schedule classes at your school or center at [swannc@hotmail.com](mailto:swannc@hotmail.com) or 773-405-6110. Individual or class instruction available for all ages!*