

Happy hour for you and your young child!

Zumbini®

with
Jillian



What is Zumbini®?

- A child-focused journey into the world of music, movement, dance, and the natural response music provokes in both children and adults
- A celebration of the power of music to enhance our lives, stimulate learning, inspire dance and movement, and strengthen the bond between parent and child

What can I expect in a class?

It is a music and movement experience -- a happy hour for you and your child!

- Designed for children under the age of 6, with a parent or caregiver
- Includes dancing, singing, and playing instruments
- Provides exposure to music and its benefits; filled with many original songs
- Focuses on energy, fun, and play to contribute toward the natural development of cognitive, social, emotional, and physical skills
- A bonding experience for all involved

Sing, dance,
& play
as you bond
with your child!



We invite you to join us on Fridays for 6 sessions of Zumbini fun!

June 17th . 24th | July 8th . 22nd | August 5th . 12th

- **10-11am** at **Paul Garrison Picnic Pavillion**
Matthews Street, Fort Jones
- **2-3pm** at **Hoo Hoo Park**
405 E. Colombero Drive, McCloud

Register by calling 530.468.2450 or 530.926.1400

Jillian Delabar-Galarsa, PMH-C, is a certified Trauma-Informed Children and Teens Yoga Educator with Yoga Ed and a Licensed Zumbini Instructor. She has earned a Bachelor of Science in Psychology and is certified as a Facilitator in Mindfulness through Mindfulness Educators. Jillian is a Perinatal Mental Health Specialist with Postpartum Support International and serves as area coordinator for Shasta, Siskiyou, and Jackson Counties. In addition, she is an Attachment Vitamins® Parenting Group Facilitator and offers bi-weekly Mindful Mondays, a mindful support group for parents.

