

CREATE & Flow

Participation Guide

This Children's Mental Health Matters Awareness Week, join Sheppard Pratt and NAMI Metro Baltimore for *Create & Flow*, a yoga and wellness event for youth.

Sheppard Pratt's yoga therapist will guide us through a youth-friendly, 20-minute yoga flow. NAMI Metro Baltimore will then lead a DIY Lava Lamp tutorial with materials you can use from home.

Here's what you will need:

YOGA

- Yoga mat (Or, use a towel, thick carpet, or grass)
- Your favorite water bottle
- Comfortable, breathable clothing

DIY LAVA LAMP

- Clean, plastic (or glass) bottle with fitted top
- Water
- Oil
- Food coloring
- Alka-Seltzer Tablets (Or, mix 1 tbsp of baking soda & 1 tsp of water)
- Glitter (optional)

Tune in!

Saturday, May 9th | 1 p.m. EST

Facebook Live | @SheppardPratt @NAMIMetropolitanBaltimore