


Creating an Inclusive Learning Environment through
Creativity, Meditations, Mindfulness and Compassion Teachings

# meet your meditation and mindfulness teacher



## Heather Lynn Boerner M.A., CCC/SLP, TSHH

- Founder of Chatty Child Speech, Occupational & Physical Therapy, PLLC, a pediatric therapeutic clinic, in New York City – www.chattychild.com
- 150-hour certified meditation & mindfulness teacher
- Founder of hum studios new york™
- Licensed speech-language pathologist with more than 20 years of pediatric experience and a neurodiverse learner and teacher herself
- Early childhood development consultant & specialist for families, schools & community centers

# hum studios new york™



***Let's meditate together***

**Who are we?**

Heather Lynn Boerner MA CCC/SLP is the founder and creator of hum studios new york, a collective space for learning, healing and growing in community. Let's connect and grow together on this magical journey, together.

**What do we do?**

We will come to your school, hospital or community space and provide interactive & accessible meditation, mindfulness & compassion classes for all ages and abilities.

**What do your classes look like?**

All classes are curated for the unique needs of each individual learner. Classes are interactive, immersive and an exploratory journey of learning & healing through meditation & mindfulness exercises, art exploration, and various creative pathways that speak to each individual community.

# what are the benefits of the hum studios new york™ learning paradigm?



hum studios new york meditation, mindfulness and compassion classes are built on a paradigm which entrusts that optimal learning can be best achieved when authentic curiosity, personal experience, and joy intersect to create treasured moments of growth, deep reflection and a sense of inner peace.

While learners participate in a curated hum studios meditation and mindfulness class, each child will develop:

- Improved emotional regulation & understanding
- Improved focus & attention
- Improved frustration tolerance & resilience
- A deeper connection to creative pathways as a means of expression
- Improved self-confidence & inner strength
- Improved sense of peace, calm and happiness
- Improved social connections

# what makes the hum studios new york™ teaching paradigm unique?



hum studios new york classes are designed and tailored to address the 7 foundational aspects of early learning:

- Language learning
- Cognitive learning
- Social-emotional learning
- Sensory exploration
- Physical movement
- Inner awareness & resilience
- Open curiosity to the world & others

Our class helps learners develop the skills required to be curious, resilient and calm through the day in all areas of life.

Learners of all ages, abilities, cultures, backgrounds and orientations are warmly invited to embark on this magical journey.

*Let's explore & grow together.*

# sample meditation & mindfulness class created by hum studios new york™



**Mindfulness Theme: Grounding into the Present Moment**

- Literacy Time: reading of book *I Hear You, Forest* by Kallie George & Carmen Mok
- Meditation Time: A Wintertime Forest Meditation – original meditations, written & created by Heather Lynn Boerner; community meditation led by Heather Lynn Boerner
- Mindful Exploratory Art & Playtime: creating your own unique forests with paper, scissors, glue, paint, glitter, etc.
- Movement Time: freeze dance with yoga poses
- Closing circle & shares
- Class time 50 minutes (10 minutes per activity)

# hum studios new york™ and you



**hum studios new york can be brought to *your* school, hospital, class or community.**

hum studios new york will provide personally curated mindfulness, meditation and compassion classes for all learners.

Additional Professional Development hour(s) for teachers and staff can be booked in combination with these classes or separately.

Both online and in person options are available.

Kindly inquire about possible lecture topics and a curated professional development day for your organization at: heatherb@chattychild.com

# hum studios new york™ – Let's meditate together!




**Let's explore, grow & be mindful together.**

We invite you to book a class with hum studios new york today, as we embark on a mission to provide accessible meditation, mindfulness & creative art pathways to all learners and communities!

Visit: www.chattychild.com to learn more about our center and classes.

Email: heatherb@chattychild.com to book a personalized class for your community.