

Mindfulness Presentation

with Trina Markusson

Speaker/Author/Mindfulness Coach

Wednesday, November 26th, 2025 - Stewart Nicks School



Trina will be sharing her award-winning Mindfulness book with our Grades 1-4 classes teaching tools to deal with daily stress and difficult emotions. Her book will also be available for purchase at the event and each book will be personalized/ signed by the author.

(If purchasing a book, please send \$15 in a sealed envelope with your child's name)

www.presentmomentliving.ca

Facebook or Instagram @presentmomentliving/Trina Markusson

Sponsored by the Saskatchewan Writer's Guild