



**News Release
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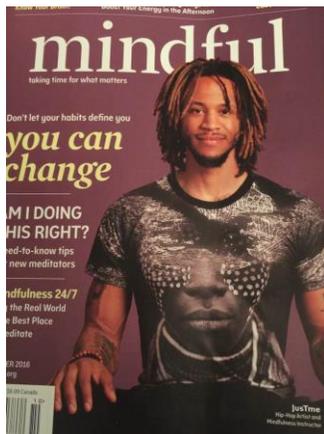
**MARIN COUNTRY MART HOSTS 'MINDFULNESS FOR KIDS' WITH
JUSTME ON SATURDAY, SEPTEMBER 24 AT 11:00AM**

All Kids Up to Teens are Welcome at Complimentary Event

LARKSPUR, CA, SEPTEMBER 8, 2016 - Marin Country Mart is pleased to host and sponsor a special event, 'Mindfulness for Kids' with JusTme, on Saturday, September 24, at 11:00 am in the courtyard. Kids of all ages up to teens (parents, too!) are welcome at this complimentary event.

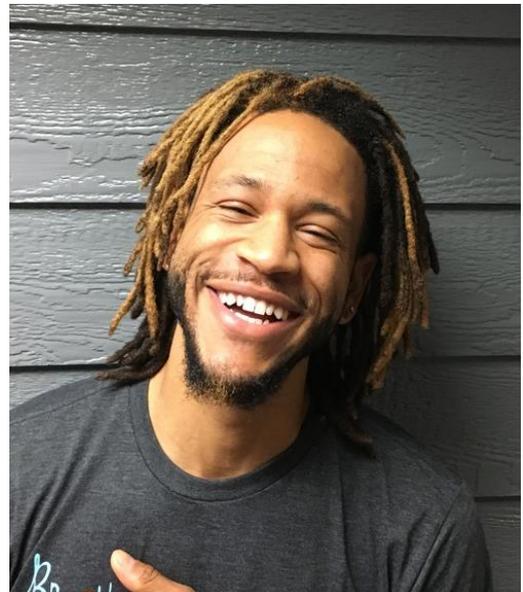
Through Mindfulness, students learn to understand and navigate their feelings, emotions, thoughts and life experiences. This awareness enables new, wiser responses that improve attention, learning, emotional regulation, empathy, and conflict resolution. Introducing these concepts creates a foundation of self-control and self-esteem at an early age, upon which children can build and make positive life choices.

JusTme, Timothy Scott, Jr., is a mindfulness and hip hop instructor from Fairfield, CA. He operates his own company, JusTmindfulness



and, in addition, works with Breathe For Change. JusTme's style of tutelage, along with the creation and introduction of his

"mindful hip hop," has helped bring mindfulness-based stress-reduction practices to thousands of children and families. The joint efforts of JusTme and J.G. Larochette, founder of The Mindful Life Project, have been recognized across the nation, including a guest appearance on the Katie Couric Show in 2014, and an invitation to present at the Omega: Mindfulness in Education Conference in 2015. He is also the cover feature in *Mindful* magazine's October 2016 issue.



Marin Country Mart is located at 2257 Larkspur Landing Circle, Larkspur, CA 94939. Parking is free. Additionally, parking on weekends and nights is available at no cost at the Larkspur Ferry Terminal Building, just a short

stroll over a pedestrian bridge to Marin Country Mart's shopping and dining. For more information, contact us by phone 415-461-5700, email at marketing@marincountrymart.com or online at www.marincountrymart.com.

About Marin Country Mart

In 2009, J.S. Rosenfield & Co. purchased Larkspur Landing, transforming it into Marin Country Mart through extensive upgrades and new retail offerings with independent brands that better reflect the preferences of residents and visitors. The open-air shopping destination, comprised of 12 barn buildings and over 173,000 square feet of space, features appealing boutiques, dining options, services and special events (see purveyors below). Marin Country Mart has two sister venues in Southern California, Brentwood Country Mart and Montecito Country Mart, which are favorites among residents for exceptional shopping and dining. All are conceived with a spirit of community in mind, as lively gathering places that evoke simpler, more gracious times. Inspired by the idea of the village square, Marin Country Mart is a welcoming destination where local residents and visitors enjoy talented artisans who ply their trades with pride and skill, in a congenial environment shared with families, neighbors and friends.

For more information or photos, please contact:

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MEET ME AT THE MART

BARBER LANE • BED BATH & BEYOND • BELCAMPO MEAT CO. • CALYPSO • CALYPSO HOME • COOPER ALLEY SALON
 DIESEL, A BOOKSTORE • EL HUARACHE LOCO • ERICA TANOV • FARMSHOP • GEORGE • HUDSON GRACE • HUTCHINSON
 INTERMIX • INTERNATIONAL ORANGE • JAMES PERSE • LARK SHOES & REPAIR • LARKSPUR LANDING OPTOMETRY
 MALIA MILLS • MARIN BREWING COMPANY • MAXWELL THE CLEANER • MIETTE • POPPY STORE • PRESSED JUICERY
 ROBERTA ROLLER RABBIT • RUSTIC BAKERY • SOULCYCLE • SPACE NK • STARBUCKS • SUSHI KO • THA SIAM
 THREE TWINS ICE CREAM • TOGO'S • TOY CRAZY • TUTU SCHOOL • UNIONMADE • US POST OFFICE & TRADING POST
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