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OPEN MINDS AND MORE AT MINDFUL HANDS

July 9, 2012

A visit to [Mindful Hands](#), a shop in Old Town Alexandria, is an experience unlike many other things to do in Alexandria, VA. This specialty shop focuses on living gently and creatively. Its name is a combination of the Buddhist concept of mindfulness, the act of living in the present moment, and the many hand-made items in the store. They even have Toddler Yoga...

The shop is stocked with a variety of gifts and decorative accessories, such as incense, statuary, books, and music. You'll also find a selection of imaginative and creative children's books, puzzles, games, and music.

Mindful Hands is more than an ordinary shop. It also operates a [full calendar of classes and events](#) that carry through the theme of living gently and creatively. Four meditation groups meet weekly, and an open art studio happens every Sunday afternoon. Upcoming on July 21, a series of three classes will help you learn to think more creatively. All events are free, although donations are accepted. Children's classes in yoga and creative writing are offered on a sliding-scale basis.

After a visit here you'll feel refreshed and ready to explore more things to do in Alexandria, VA.

photo courtesy of [MH_FB](#)

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