



How Can Monkeys And Yoga Help A Pirate And Families Find Calm

By Chris Allen December 21, 2015 9:35 AM

Ring in the new year as a family with the Monkey Mind Pirates Family Yoga Party. Yep, it sounds different and it is. Z Puppets Rosenschnoz began touring as the “world’s first puppet, rock, and yoga adventure”. with fun, and a way to find calm for families too. The doors open early with a family happy hour with Yoga North and the Duluth Children’s Museum.

As we all know, the Sacred Heart Music Center is recovering from damage from a car accident, all the proceeds will benefit the renovation of the historic building. Many artists have used this building for concerts and recording projects and it has become very well known in the local music industry for it’s sound.

First established by Mayor Don Ness in 2013, Quest for Calm day on December 31st, will be celebrated by the Z Puppets Rosenschnoz with this performance of Monkey Mind Pirates Family Yoga Party. The performance is funded by a Minnesota State Arts Board Legacy grant.

Sail along with this epic tale of a sea captain as he discovers the secrets to navigating the stormy seas of stress. When Captain Fitz sets out for the Legendary Waters of Calm, the unruly Monkey Mind Pirates hijack his ship with anxiety, depression and distraction. The chaos turns his ship upside down and drives the Captain overboard where he meets the Wise Sea Monkey. Find out how the Captain learns to turn his “arrghs” into ‘Oms,” regain peace and tame th eMonkey Mind Pirates.

This sensory-friendly performance will be ASL interpreted and is recommended for ages 2 and up. The show will also feature Local Duluth Families as the Sailor Chorus. Doors open at 1:30 pm with family Happy Hour, Performance at 2:30 pm. For more info on how your family can join the Sailor Chorus Call 612-724-1435 extention 9 or email info@zpuppets.org.

WHEN: Thursday December 31, 2015 at 2:30 pm

PRE-SHOW: Doors open at 1:30 for Family Happy Hour on the Island of Calm.

WHERE: Sacred Heart Music Center

201 W 4th Street

Duluth, MN 55806

TICKETS: \$5 (all proceeds benefit Sacred Heart Music Center)

Purchase your tickets online at the link below or you can purchase at the door.

Read More: [Monkeys and Yoga Help This Pirate Find The Island Of Calm, Performance For Families I](#)