Meditation and Mindfulness Club  Winter 2020
Grades 2-5

Thursdays, 3:15 – 4:00 p.m.
Dates: 1/9, 1/16, 1/23, 1/30

Location: Dance Studio
Maximum Enrollment: 12 students

**Instructor: Ms. Palmer, 3rd Grade Teacher**
We will learn different yoga poses, read books about mindfulness and meditation, practice some meditation and breathing, and complete mindful activities.

Register online at mphschool.org/community programs OR fill out the form below and return it to the Community Programs office.

Students not picked up by 4:00 p.m. will remain in Extended Day. A minimal fee will be assessed for Extended Day beyond 15 minutes if you are not contracted.

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**MPH Meditation and Mindfulness Club Winter 2020**
Grades 2 - 5

Register online through mphschool.org OR detach form and return it to the Community Programs office.

Student’s Name_________________________________________Grade__________

Please check one:
[ ] I will pick up my child at 4:00 p.m. when the club ends.
[ ] Please send my child to Extended Day after the club regularly.

Parent/Guardian Signature_________________________________________ Date______________

Manlius Pebble Hill School
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