

Meditation and Mindfulness Club *Winter 2020*

Grades 2-5

Thursdays, 3:15 – 4:00 p.m.

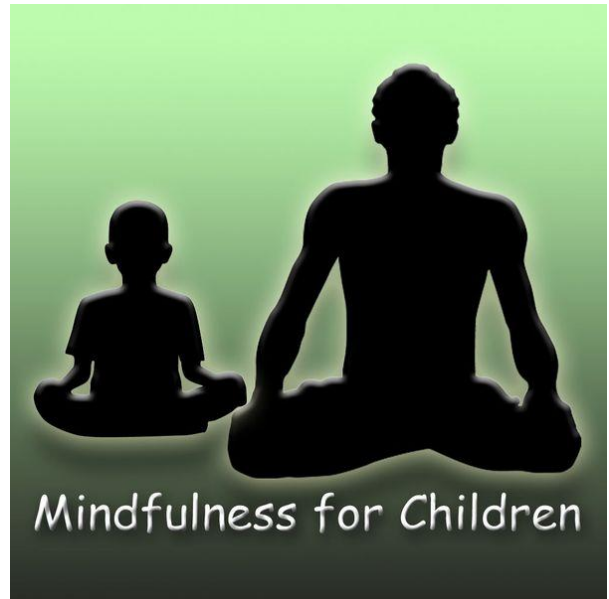
Dates: 1/9, 1/16, 1/23, 1/30

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.

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 _____