

# Mindfulness

With Mrs. Villamin

**Stretch. Reach. Encourage. Breathe.**

**Start your busy week with a moment of sunshine and focus.**

**Session 1 Dates: 9/10, 9/17, 9/24, 10/1, 10/15**

**When: Mondays 2:30-3:15p.m.**

**Where: Mānoa Elem. MPB**

**Invited: Mānoa Elem. Students**

**Sign up now!!! Space is very limited. Please submit \$50 cash and the bottom of this enrollment form**

**enclosed in an envelope with student's name and grade level on it to your child's homeroom teacher or office by**

**Wednesday, August 22, 2018.**

## Mindfulness with Mrs. Villamin SESSION 1 Enrollment!

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ Room Number \_\_\_\_\_

Contact name \_\_\_\_\_ Relationship \_\_\_\_\_

Home # \_\_\_\_\_ Cell # \_\_\_\_\_

Contact email \_\_\_\_\_

**Pick up:**  Parent Pick-up  A+  MVC  TLC

\*I grant permission for said student to participate in the planned activity. I release C.Villamin and Mānoa Elementary from liability resulting from the participation of Mindfulness.

\_\_\_\_\_  
Print or Type Parent's/Guardian's Name

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date