

Mindfulness

With Mrs. Villamin

Stretch. Reach. Encourage. Breathe.

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

Session 1 Dates: September 9th, 16th, 23rd, 30th & October 14th (5 classes)

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 28th .

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+ 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