

PARKWOOD

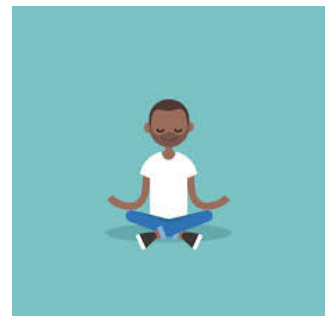
MINDFULNESS & MEDITATION

December 5, 6, 7 Grades K, 1, 2
December 12, 13, 14 Grades 3, 4, 5
7:30-8:30 am each day - Tuesday, Wednesday, & Thursday
Fee: \$25

Studies show regular meditation can lower stress, improve sleep quality, academic performance and daily energy, plus build attentiveness and self-control in both adults and children. This class will introduce students to meditation and its benefits. Students will practice meditation and learn how to relax their mind, sharpen concentration and generally begin feeling more energized and refreshed. Class will meet for one hour before school at Parkwood. At the end of class, students will report to their classroom for school. Transportation is not provided.

To Register

Please fill out the registration form below and return to:
Pattonville School District – Mary Reed
11097 St. Charles Rock Road
St. Ann, MO 63074
To register by phone, please call (314) 213-8094 or fax (314) 213-8695.
For questions about the event, e-mail mreed@psdr3.org



Student's Name _____ Grade _____

Parent's email: _____

Address: _____

City: _____ Zip Code: _____

Phone: _____ Alt Phone: _____

Credit card# _____ Exp Date _____ CVS# _____

(Visa, MasterCard, Discover, or checks made payable to Pattonville School District)

