



# MORNING MEDITATION CLUB

2<sup>nd</sup> – 8<sup>th</sup> Graders

**Coordinator:** Ashley Degnon

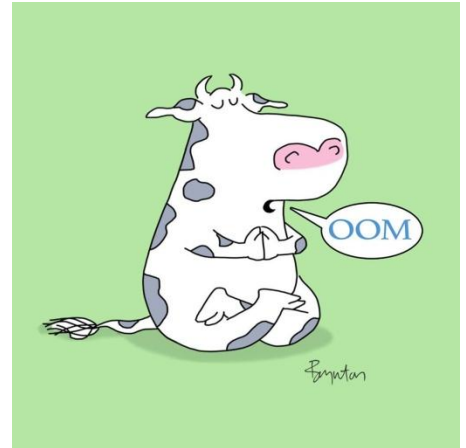
**Class Description:** Morning mediation is now available to students on Tuesday mornings. Students will participate in a guided group meditation and learn mindful breathing techniques. Calming the nervous system, setting intentions and clearing the brain fog are all positive ways for students to experience more self confidence and self awareness.

**Enrollment:** There is limited space and enrollment is a first come, first served basis. These classes are dependent upon interest, and there is a minimum and maximum number of students per class.

If for any reason a class is not offered, or if your student does not get into the class, you will be put on a waiting list.

•Any questions or concerns contact:

Ashley Degnon at: [ashleyclax@gmail.com](mailto:ashleyclax@gmail.com)



Place: MPR

Day: Tuesdays

Dates: Sept. 17, 24

Oct. 1, 15, 22 ,29

Time: 7:40 – 8:10

Student Name:

Classroom:

Grade:

Parent Name:

Phone:

Parent's email address:

## Morning Meditation Club

2<sup>nd</sup> - 8<sup>th</sup> Graders

This space for Activities Committee