

"Nothing to do. Nowhere to go. Nothing to figure out or eliminate."

Mindfulness Meditation

The Art of Deliberate Friendly Attention

Did you know that some of your or your child's favorite heroes and characters have a history of meditation practice?

They can learn this ancient art too!

Meditation is now available in a kid-friendly, easy-going, non-goal-oriented setting.

Kids will be given the opportunity to explore stillness and be shown the concepts of self-awareness, focus, concentration, listening, and learning how to learn.

Benefits may include:

- Reduced anxiety
- Improved academic performance
- A more balanced life

Why not reap these benefits and develop these skills early in life?

Any and all are encouraged to participate regardless of age!*

**Kindergarten students will NOT be picked up at the 2:45pm dismissal.*

Students will need to be dropped off by a parent or guardian at 3:15pm

Classes start March 27th and proceed until May 1st.

Every Tuesday from 3:15-3:45.

The cost for the program will be \$100. Please detach the bottom and leave cash or a check made out to PFO in the front office. Phone: (562)252-6334

Email: DerrickBankemper@gmail.com

Student Name: _____ Teacher: _____ Grade: _____

After School Care Yes _____ No _____

Parent Signature: _____ Yes, I want my child to participate