

## Meditation Club

Join Mrs. Cape and explore the meditative practice in a judgement free zone. We will explore the art of zen gardens and mandalas, gratitude journals and exercises, basic yoga postures, the practice of "being mindful", ways to prevent stress, and different meditation postures & practices.

Meetings will be on every 2nd and 4th Monday of the month from 3:00-3:45 with the exception of school holidays or minimal days.. The first meeting will be held on Monday, October 14th, in room 103 with Mrs. Cape.

A maximum of 20 students will be allowed to participate in the meditation club.

### Club Dates

October 14th and 28  
November 11th and 25th  
December 9th  
January 13th and 27th  
February 10th and 24th  
March 9th and 23  
April 13th and 27th  
May 11th  
June 8th

Join the Meditation Club  
on  
Google Classroom  
for updates and information

Class Code  
mg7yjt

You will need to bring a yoga mat or beach towel. A throw pillow is a good option too especially for sitting meditation. You may also find it helpful to dress in comfortable clothes.

All permission slips are Monday, October 14, 2019, to Mrs. Cape.

## Meditation Club Permission Slip

I will only accept the first 20 students who bring their permission slips to me on Monday, October 14th, 2019.

Please understand that your child must be picked up at 3:45 sharp. I cannot leave until all students are picked up, and I have obligations that must be tended to.

Please check Google Classroom and listen to morning announcements for any changes to the club schedule.

My child has permission to attend the after school Meditation Club on the scheduled dates. I understand that my child must be picked up no later than 3:45 p.m.

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

Guardian Name \_\_\_\_\_

Guardian Signature \_\_\_\_\_

Date: \_\_\_\_\_

My student may walk home  Yes  No

My student may ride home with \_\_\_\_\_

(No changes will be allowed unless in writing)

Emergency Contact \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_