



Family Mindfulness
Meditation Night at
Lee Road!

FEBRUARY 27, 2018

(PLEASE NOTE DATE CHANGE)

LEE RD. FAMILY MEDITATION NIGHT.
6:30-6:50 KINDERGARTEN & 1st GRADE
7:00-7:30 GRADES 2-5

Loving-Kindness Family Meditation

This Family Meditation Night is for students and their parents. (Please note the times for each grade's session above). Join us for a 15 minute guided Loving-Kindness Meditation followed by a 15 minute Question and Answer session for students in grades 2-5. For younger students in K & 1 there will be a read-aloud and a shorter meditation session. This will be our 2nd Family Meditation get-together and you won't want to miss it! Please bring a mat or towel and some water! This session will be held in the Lee Road All Purpose Room. This is not a drop-off event. All students must be accompanied by a parent. Please fill out the slip below to let us know who's coming so we can plan accordingly! Return to Mrs. Anderson☺

____ Yes! Count us in!

Parent (s) Name _____

Student (s) Name/Grade _____

Join your fellow Lee Road friends for a the 2nd Lee Road Family Meditation Night! Bring your Yoga Mat and comfortable clothes!



You won't want to miss this great family mediation night! The focus will be on Heartfulness. Bring a little Loving-Kindness to your day!



Students in Grades K & 1
6:30-6:50

Students in Grades 2-5

7:00-7:30



