

Monday Morning Mindfulness

Have a few extra minutes on a Monday morning to start your week off right?

Join Ms. Faber and other Manzanita parents in some brief mindfulness practice when you drop your kids off at school! This free session will take place just after morning announcements (~8:05), and will last 15-20 minutes.

When: The 1st Monday of every month (February 4, March 4, April 1, May 6); ~8:05-8:25

Where: Manzanita Office Patio

Why: Why not?! Reap the benefits of incorporating mindfulness into YOUR life. Learn and experience some of the strategies your students are learning at school.

No need to R.S.V.P. Just come and join if you can, and bring a friend!