



MINDFULNESS IN THE  
MAKING...

## After School Program

PTA Sponsored classes at  
Island Creek Elementary

*Through mindfulness, yoga, and  
directed meditation, kids learn to:*

- calm the mind
- increase focus
- build confidence and character
- strengthen body
- improve self-awareness

*In this fast-paced, digital world, our kids are  
facing more sources of stimulation than ever  
before. Glittle Minds teaches kids to  
navigate the glittering world, both around  
them and in their minds.*



## 6 Week Program

**October 8 – November 19, 2019**

**K – 2<sup>nd</sup> Grade: Thursdays from 3:30 – 4:30pm**  
**3<sup>rd</sup> – 6<sup>th</sup> Grade: Tuesdays from 3:30 – 4:30pm**

**\$110**  
per 6 week  
session

To register, go to  
[www.glittleminds.com](http://www.glittleminds.com) or  
email at [meera@glittleminds.com](mailto:meera@glittleminds.com)



**GLITTLE MINDS LLC**

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**Space  
Is  
Limited**