



School Yoga & Mindfulness

BRASS CASTLE ELEMENATARY SCHOOL
grade level classroom assembly

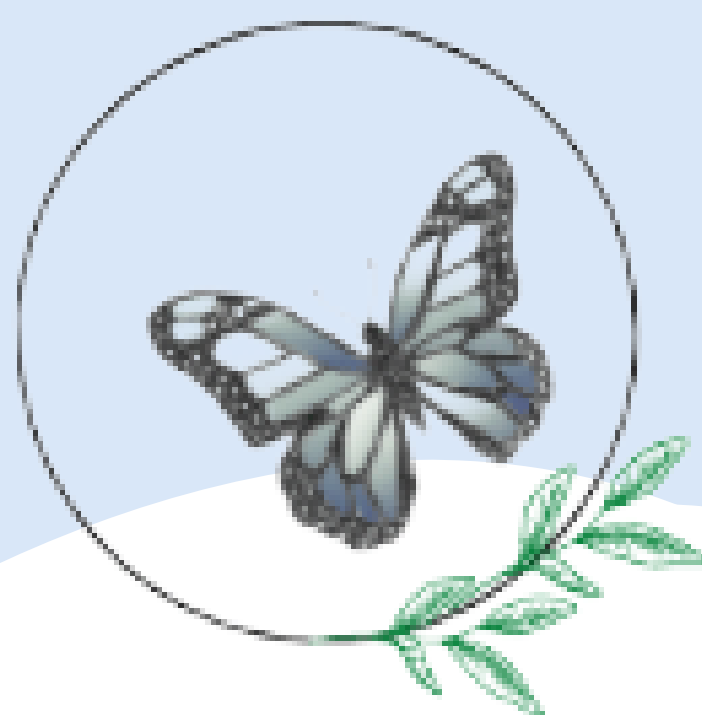
Wear
comfortable
clothes

Bring a towel
to use as
a mat

Friday
May 20th

Theme:
Noticing my
energy level

SEL
Compentency:
Self Awareness
Self Management



TRIALS N TRANSFORMATIONS
THERAPEUTIC WELLNESS, LLC