



Happy Minds

A safe space where girls practice the power of positive thinking... one breath at a time.

Our unique and uplifting program brings girls together to practice **meditation**, **yoga** and **positive thinking**.

Bessborough Drive E&MS Lunchtime Program Registration – Winter 2020

Mondays beginning January 13, 2020 @ Lunchtime; Cost: \$100

Payment by Cheque payable to Breathe Girls Inc. or email transfer to breatheleaside@gmail.com

Member Information

Name:			
Teacher:		Grade:	
email:		Phone:	
Special Needs/Physical Limitations/Allergies:			

Please Complete and email a scanned version of the completed document to: breatheleaside@gmail.com



Conduct

Breathe Girls Inc. is committed to creating an environment that is safe, non-competitive and committed to the overall well-being of all its participants and staff. We ask our participants to be their best, nurturing attitudes of mutual respect and cooperation. With an emphasis on personal accomplishment at one's own pace and skill level, we share and celebrate our successes to strengthen positive mental state. As a part of this commitment, Breathe Girls Inc. requires its participants, team/staff, parents, etc. to treat one another with courtesy, respect, and fairness.

Parent/Guardian Signature

Date



breatheleaside@gmail.com



breathegirls.ca