



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

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

### Happy Minds Workshop – Registration Form

#### Location

North Movement Studio, 1675 Bayview Avenue, 2<sup>nd</sup> floor

St. Cuthbert's Anglican Church, 1399 Bayview Ave

Session Date: \_\_\_\_\_ (full schedule at [breathegirls.ca](http://breathegirls.ca))

Cost: \$25 per session

Payment by Cheque payable to Breathe Girls Inc. or email transfer to [breatheleaside@gmail.com](mailto:breatheleaside@gmail.com)

#### Member Information

Name:		Age:	
Address:		Special Needs/Allergies:	
email:		Phone:	

Please Complete and email a scanned version of the completed document to: [breatheleaside@gmail.com](mailto: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](mailto:breatheleaside@gmail.com)

 [breathegirls.ca](http://breathegirls.ca)