

I am still.™

# Mindfulness & Wellbeing Training

**7th, 8th, 14th, 22nd,  
29th June & 12th July  
2-3pm**

**£20.00 for 6 one hour lessons**

**Cash/BACS welcome.  
No cheques please.**

I would like to offer your child the opportunity to learn about mindfulness as part of classroom based curriculum called Paws b.

Mindfulness involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skillfully to life's inevitable challenges.

Places are first come first served basis for years 4,5 & 6 only and payment must be received by 18/05/18 to confirm your childs place.

BACS Details:

Lisa CardenDoorey

Account Number: 30864102

Sort Code: 20-53-77

If possible reference the payment with your childs full name.

Lisa CardenDoorey

[lisa@iamstill.co.uk](mailto:lisa@iamstill.co.uk)

07841 380938

Please complete the permission slip below and return it to school to confirm your child will be attending the classes. Please note, places will only be confirmed once both payment and permission slip have been received.



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I confirm that I would like my child \_\_\_\_\_ to attend all 6 of the I Am Still Mindfulness & Wellbeing Training sessions, to be held between 2 & 3 pm on 7th, 8th, 14th, 22nd, 29th June & 12th July

I enclose / have transferred full payment of £20 to confirm my childs place.

Name of Parent / Guardian \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Here at I Am Still we take your privacy seriously and will only use your personal information to administer your account and to provide the products and services you have requested from us.