



# HAPPY MINDFUL PEOPLE

## scattering seeds of kindness and growing peace

Our hula hoopla & sock poi enrichment classes are a fabulously fun way to get moving! We introduce the students to hula hoop/sock poi instruction and play that is weaved into a social emotional curriculum! Over the course of our 8 week series kids learn how to work together to create a group performance in which every child has the opportunity to showcase newly learned skills. **Get relaxed. Get Centered. Get Moving!**

### UPCOMING CLASSES AT BEAVERTON TOUCHSTONE!

**Tuesdays** (Starting 1/20)

**Hula Hoopla & Sock Poi** 8 weeks (1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/11)

3:15-3:45pm

Taught by Elissa Cirignotta- [elissacirignotta@gmail.com](mailto:elissacirignotta@gmail.com) 202.420.8754

\$112 for 8 week session

Register at Beaverton Touchstone front desk

Today's Date: \_\_\_\_\_ Name of School: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_

In exchange for permission for my child to participate in the Mindful Happy People Movement Program, I hereby grant the following release from Liability on my child's behalf. I, release, discharge and hold harmless the Movement & Yoga teacher and the teacher's licensor ("Released Parties") from any and all liability for injury, arising out of or in connection with, or caused in any manner by my child's participation in the Yoga Program. I acknowledge my child hereby has been advised to consult, and has consulted, with a physician with respect to any past or present injury, illness, health problem or any other condition or medication that my child has, previously had and/or now may have that may affect the ability to participate in and to endure the Yoga program and its classes.



for details and to register go to  
**happymindfulpeople.com**