

MUSTANGS MOVEMENT + MEDITATION CLUB



Mustang Movement & Meditation provides a calming and restorative space for students to practice mindfulness, yoga, and self-reflection. The club promotes mental and physical wellness, encouraging self-compassion and balance in a supportive community.

Need to chill? Mustang Movement is all about finding your calm through yoga and mindfulness. We'll help you de-stress, stretch out, and just vibe. Perfect for anyone who wants to clear their mind after a long day!

Open to all—students are welcome to join throughout the year. The more zen, the better!

Meets weekly on Thursdays. Our current meeting dates are scheduled for: 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12, 12/19, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8

Location: Mrs. Holmes' Room, 105

We will provide the yoga mats!

Reach out to Ms. Bobren or Ms. Perales for more information.

Permission Slip for **MUSTANG MOVEMENT AND MEDITATION**

Student's Full Name: _____

Grade Level: _____ 1st Period Teacher: _____

Parent/Guardian Contact Number and Email: _____

How will you go home after the club? (Please circle one)

- I will be picked up
- I will walk home
- I will take the bus