



Be Back to School Ready

Special events and workshops during the week before school starts up again!

August 28 - September 1

Mini-Me Yoga & Meditation

Calm those back-to-school nerves with a daily mindfulness program, designed for children to learn tools for better sleep and focus, which will help them throughout the school year. (\$10 per child, per class)

Class offered Monday August 28 through Friday, September 1st.

Ages 4-7: 10:00-10:30, Ages 8-12: 11:00-11:30, Ages 13-16: 1:00-2:00m

Max Meditation for Parents & Teachers

Take time out to focus on your self and being the best person you can be for the children in your life. (\$20 per person)

Choos from:

Tuesday, August 29, 7:30-8:30 or Thursday August 31, 7:30-8:30

Special Back-to-School Sewing Workshop

Sew a personalized pencil case for back-to-school! (\$20 per child. Materials provided.)

Thursday, August 30, 1:00-3:00 (Ages 5+)

RSVP: 416-820-5233 or info@oaklearners.ca

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou

Oak Learners - 394 Royal York Rd Etobicoke, ON - 416-820-5233

