

KATANDRA WEST

MINDFUL MOVEMENT & GAMES

248-250 Hickey Road
KATANDRA WEST VIC 3634
(Katandra West Recreation Reserve)

Sat 20th Mar
3.30pm – 5.30pm

1 HOUR MINDFUL MOVEMENT SESSIONS

Session 1	Session 2
3.30pm	4.30pm

GIANT GAMES & LIVE MUSIC

What to bring: Sunscreen, suitable running shoes, a drink bottle and a mat (yoga or towel)

Registration for Mindful Movement via:

provide participant details via email to Brodie Humphrey at b.humphreys@activeatschool.com.au to secure your spot and receive the registration form.

For further information

Please contact **Josh Lee** on **(03) 5832 9506**.



This is a CovidSafe event and participants and spectators are expected keep 1.5m distance, wash hands, follow CovidSafe instructions by the organisers and do not attend if presenting with symptoms or require quarantining.