

# UNDERA

## MINDFUL MOVEMENT & GAMES

1850 Echuca Road  
UNDERA VIC 3629

Sat 20th Mar  
9.30am – 11.30am

### 1 HOUR MINDFUL MOVEMENT SESSIONS

Session 1	Session 2
9.30am	10.30pm

### VELCRO SOCCER DARTS & 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](mailto: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.



GREATER  
SHEPPARTON