

**A I S D
M I N D F U L N E S S
R E T R E A T**

**S A T U R D A Y ,
A P R I L 1 4
9 A . M . - 1 P . M .
A T T H E B A K E R
C E N T E R**

**AISD STAFF ATTEND FOR FREE!
SIGN UP ON HCP (SECTION #86961)**

Join us for mindfulness-related courses provided by community businesses and organizations (yoga, meditation, music, etc.)

Unfortunately, this year we are not able to provide child care.



Special thanks to Amala Foundation for helping organize the event!