



Monday Morning Mindfulness

For all students and VCS community

Starting this Monday, January 25 @9am, **ALL VCS students** will log in to the link below to begin the week in community with each other. Family members and VCS community are all welcome to join in these 15 minutes of mindfulness, breath, movement + intention, facilitated by Deneene Bell.

Topic: Monday Morning Mindfulness | VCS Kids + Community | *A whole-school, whole-community gathering to start the week with mindful breath + movement.*

Time: Jan 25, 2021 09:00AM PST | Every Monday

Join Zoom Meeting

<https://us02web.zoom.us/j/89727896830?pwd=dkFjdWhTbzI1Q2xFUE1GZ25pWGltUT09>

Meeting ID: 897 2789 6830

Passcode: VCS2021

****Students will log into the morning mindfulness zoom link at 9:00 and when we finish, students will transition to their normal login for class.**