



சதி பாசலா
உள்ளிழிப்புணர்வு பாடசாலை
Sati Pasala

Guidelines

Kindly ensure the below for all participants.

1. Dress appropriately for the Sati Pasala session
2. Parents' help for the session will be required.
3. Please enter the child's name when you join the below link.
4. Join the session and be ready by 8.45 AM.
5. Switch on the video when joining.
6. Bring a small fruit (Banana, Grapes or Apple) for the 'Mindful Eating' session.

VIA ZOOM

Zoom ID : 825 8762 9223

Password : 043871

Link to Join Sessions on Zoom

and

Guided videos of Mindful Walking & Mindful Sitting

Are in the description

VIRTUAL SATI PASALA SESSION FOR STUDENTS

Upcoming Sessions

28th June, 2020 @ 9.00 AM
5th July, 2020 @ 9.00 AM
12th July, 2020 @ 9.00 AM

Bring a small fruit
(Banana, Grapes or Apple)
& A Drawing Paper & Pencils

join
"tomorrow"

Link to join sessions on Zoom:

<https://us02web.zoom.us/j/82587629223?pwd=Zno3cTRmWdVpM0hV VjNUcElpbGsvZz09>

Meeting ID: 825 8762 9223

Password: 043871

Guided videos of Mindful Walking & Mindful Sitting:

Mindful Walking:

<https://www.youtube.com/watch?v=avR59QWBI90>

Mindful Sitting:

<https://www.youtube.com/watch?v=sPM-Gyu298w>