

Meditation in Sports, School, and Life

Terms & Conditions of Agreement with Foundations for Learning (FFL)

4 week course - Beginning January 18th, 2021

Every Monday and Wednesday 5:15 - 6:00

Age Group: 12 to 16

Dates - January 18th, 20th, 25th, 27th & February 1st & 3rd , 8th & 10th

Class Size: limited to 10 students (minimum of 5 participants needed for class to run)

Cost: 450 CHF

Class will be held Virtually

Note: This is a skills based class and does not entail individual counseling

I will arrange a space that affords the same privacy as face-to-face meetings.

The dates of the course are fixed and cannot be changed.

The Foundation reserves the right to cancel the course if insufficient people register.