

You are invited!

*****Selfie Celebration*****

Funded by Toms River Educational Association
PRIDE Grant written by Mrs. Germano

**What: Yoga, Meditation, Relaxation Techniques, Snacks,
and Make Vision Boards with families as we celebrate
all that we are and what we aspire to become**

When: This Thursday, Apr 28, 2022 from 5:30-7:30

Where: Toms River Intermediate East, Large Cafeteria

**We will have yoga mats, feel free to bring your own and
dress comfy.**

Special Guest:

Meet & Greet with #1 Best-Selling Author Shalini Saxena Breault,
Heart Activator and Visionary-thanks to PRIDE Grant funded by Toms
River Educational Association. She has Hindu and Celtic roots in
education, meditation, sound and creativity through art and writing.

She served in Corporate America for many years but after her
near-death experience on 9-11, her path changed and she is here to
lead us in some yoga, meditation and relaxation techniques.

RSVP TODAY!

**Positive Message T-shirts and
Interactive Gratitude Journals for**

first 100 families