



Mind Over Matter provides kids and teens the knowledge they need to be happy, healthy, and resilient - and we do it all through a variety of fun, unique, and engaging classes. Whether it's a journey into mindfulness, or the athletic enhancement of Kinesthetic Stretching™, our programs are designed to enrich and support kids' academic, athletic, and social success for life-long happiness.

## **THE WAY OF THE JEDI**

Have you ever wished you could harness the Force to defeat the dark side? Do you search for the deeper meaning and connection to all things? Do you wish to uphold the moral code of a Knight? If you answered "yes" to any of these questions, then this class is for you! Learn how to cultivate the Force within by learning various powerful mind-body disciplines such as karate, tai chi, and more.

**Grades 1-5 - LCE Cafeteria - 7 Tuesdays**  
**10/30, 11/6, 11/13, 11/27, 12/4, 12/11, 12/18**

**3pm-4pm**  
**\$130**

**EARLY BIRD REGISTRATION NOW THROUGH 10/15: \$115**  
***ASK ABOUT SIBLING DISCOUNTS***

**BOY SCOUTS AND GIRL SCOUTS EARN BADGES!** Daisy troops can earn the Purple Gloria Petal (respect for myself and others) and Red Tula Petal (courageous and strong); Brownies may follow to the Brownie Quest to earn their My Best Self badge, Junior Scouts may follow the Agent Of Change Journey to earn their Staying Fit badge or follow the Get Moving Journey. Boy Scouts can earn a Personal Fitness badge!

**Troop Discount: A whole troop can join all 7-weeks for \$99 per person! Must contact us for details by 10/15.**

*TO REGISTER ON LINE, VISIT*  
**MINDOVERMATTERENRICHMENT.COM**