

# Master Owl's Mindfulness Tour

With the help of Devon based author Rob Holmes, Master Owl is coming to your school very soon, bringing wisdom and mindfulness to children.



Rob will read his story to the children, 'Master Owl meets Miss Bunny'. It's a rhyming story about discovering that everything is connected, all thanks to taking a 'Magical Mindful Moment'.

This will be followed by a short guided mindfulness meditation and if time allows, a discussion to encourage young writers.

**SIGNED COPIES:** If any of the parents would like to pre-order the Master Owl book, Rob will bring the copies along, sign and dedicate them to each child who wants a book. Normal retail price is £6.95, but each book is only **£5** for schools. *See the website for more details.*

Please fill in the form below and along with £5 in cash, pop in an envelope and hand back into the school reception, clearly marked 'Master Owl book order'.

CHILD'S NAME

CLASS

WHO IS THE BOOK DEDICATED TO?

[WWW.MASTEROWL.ORG](http://WWW.MASTEROWL.ORG)