

Yoga for Kids

Lunch hour yoga for kids grades K-4 begins Friday Oct.5th from 12.20-12.55 (after lunches have been eaten). Through a blend of breath work, poses, games, philosophy and fun, we will explore how to stay balanced, strong, flexible and focused. The session will run 8 weeks, Oct.5-Dec.7. (No classes Oct.19th or Nov.2nd due to ProD day) Children are encouraged to bring their own yoga mat and a blanket, a pillow and even a stuffy if they like.

Name _____

Grade _____

Email _____

Emergency contact # _____

Contact: dhanamusil@gmail.com

Please make cheque payable to RC and MS inc.

Cost for the 8-week session is \$50. Registration form and cheque can be dropped off at the PAC mailbox across the hall from the office. **Deadline for registration Friday Sept.28th.**

