

## Yoga for Kids

Lunch hour yoga for kids grades K-4 begins Friday January 11<sup>th</sup> 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 6 weeks, Jan.11-Feb.22nd (No class Feb.15th 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/Div. \_\_\_\_\_  
Email \_\_\_\_\_  
Emergency contact # \_\_\_\_\_

Contact: [dhanamusil@gmail.com](mailto:dhanamusil@gmail.com)

**Please make cheque payable to RC and MS inc.**

Cost for the 6-week session is \$38. Registration form and cheque can be dropped off at the PAC mailbox across the hall from the office. **Deadline for registration Friday Dec.14th. Maximum 25 children.**

