

Yoga for Kids

Join me for lunch hour of yoga on Mondays 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. Open to all grades. The session will run 8 weeks, Oct.7-Dec.9 Children are encouraged to bring their own yoga mat but please no blankets, pillows or stuffies.

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 \$67.20 Please monitor your email for confirmation. Registration form and cheque can be dropped off at the PAC mailbox across the hall from the office. **Deadline for registration Friday Sept.27. Maximum 20 children.**

