

After School Yoga Class



This Spring, Miss Denise will offer Yoga classes on Monday afternoons from 2:35-3:15 pm. There will be three sessions, beginning February 22nd and running through May 24th. The classes will consist of basic yoga poses and breathing exercises along with movement activities, games and stories. This class helps children improve concentration skills and flexibility.

Miss Denise has studied yoga with the Temple of Kriya Yoga's home study teacher training program and Pamela Hollander's "The Art of Teaching Yoga to Children" program. She has been teaching yoga to children for 9 years.

The cost for the class is \$55 for the first session (5 weeks) and \$45 each for the second and third sessions (4 weeks each). To enroll your child in the class, please send the form below plus a check for the first session (\$55) to the school office before the first class meeting on February 22nd. Please make checks to Denise Monnier. Class dates are as follows:

February: 22, March 1, 8, 15, 22

April: 5, 12, 19, 26

May: 3, 10, 17, 24

Yoga Class Registration

Name _____ Teacher _____ Age _____

Parent E-mail Address _____

Parent Signature _____ Parent Telephone # _____