

Little Heart Yoga Club – Fall 2014

Yoga Club for kids is a practice of combining mind, body and fun while promoting strength, flexibility and body awareness. Breath and visualization techniques can teach kids how to focus, relax and develop self-discipline in a non-competitive environment. Inner-strength, confidence and improved self-esteem are just a few of the many benefits of Yoga for kids. Students will need a yoga mat and water bottle. Students need only their PE clothes for yoga attire. A healthy snack will be provided. For further information, please contact Ms. Lauren Felzien at lfelzien@ask1818.org. Namaste'

Little Heart Yoga Club is offered to students entering grades 1-4. The cost is \$120 and checks should be made payable to Lauren Felzien . Registration is due by Wed., Aug. 20th either through the school office or Ms. Felzien's classroom. Please have your child go to their regular dismissal site until 3:45 and then meet Ms. Felzien outside her classroom at that time. Yoga Club will take place in the playroom, therefore parent pick-up will be at the Decatur dismissal site at 5:00 p.m.

Yoga Club will take place on Wednesdays afterschool beginning Wed., Sept. 10th. The following classes will be 9-17, 9-24, 10-1, 10-8, 10-15, 10-22, and 10-29.

Child's Name and grade _____

Parent phone & email _____

Any Food Allergies _____

Send my child to late dismissal

yes

no