

Mindful Meetings Yoga Club

4th & 5th Grade



Starting yoga practice at a young age can be filled with benefits...

Mindful meetings will incorporate a variety of yoga techniques to create a sense of self-awareness, build self-esteem, increase strength and flexibility, learn respect for self and others, learn stress management tools, and improve focus.

Details:

Teacher: Ms. Howard.

Dates: **Every other Wednesday** beginning February 8 until June 7.

February 8, 22

March 8, 22

April 5, 19

May 3, 17, 31

June 7

Time: 3:30-4:00

Location: Please meet in the Resource Room (room 116)

If your child is interested in participating in the Mindful Meetings Yoga Club, please return the bottom of this page by February 6, 2017.

Student's name: _____

Classroom teacher: _____

Parent's signature: _____

Emergency contact phone number: _____