



After School Yoga Calm

Join us after school for breathing, yoga poses, yoga games, and gain skills that last a lifetime.

Yoga Calm teaches techniques and self-awareness to young children and teens so that when it comes time for stressful situations (tests, new situations, athletic competitions, etc) they can tune into their body's cues and use their awareness and breathing to remain calm confident problem solvers. They not only gain strong bodies, but also build strong minds and hearts.

Classes will be taught by Elizabeth Sullivan (Yoga Calm and C-IAYT Certified)
and Tasha Bartsh

****Please bring a yoga mat or beach towel, bottle of water and healthy snack****

Yoga Calm is for students in Kindergarten through Fifth Grade. Yoga calm will meet on Mondays after school from 2:40-3:40 PM in the Large Motor Room.

Winter Session - limit 30 per class

January 7th, 14th, 28th & February 4th - Cost is \$40.00

Please make checks payable to Tascha Bartsh

Name: _____ Homeroom: _____

Emergency Contact: _____

Email: _____

Going Home Plan for students in K-3rd Grade: _____

Allergies: _____