

Just Breathe Yoga

Enrichment class with Ms. Rosen

Thursday 3:45-4:45

Certified Kids Yoga Instructor

RYS 200 Registered Yoga Teacher

Session #1: \$100 for 8 weeks

Classes begin September 7th

Increases self esteem, overall fitness, academic performance, and teaches how to relax and reduce stress. Your child will develop strength, flexibility, concentration and self confidence! Partner Poses and meditation included!! K-5th Grade FUN!!!!



All New Fun Yoga Games!!!

Please return bottom portion with check payable to ISAB with current Enrichment Session

Student Name _____ Grade _____ Homeroom Teacher _____

Parent Name _____ Grade _____ Email _____

SAVE THE DATES:

Sept. 7, Sept. 28, Oct. 5, Oct. 12, Oct. 26, Nov.2, Nov.9, Nov. 16 (no yoga early release)

