

Just Breathe Yoga

8 Week Enrichment class with Ms. Rosen

Certified Kids Yoga Instructor
RYS 200 Registered Yoga Teacher

Tuesdays and Thursdays 3:45-4:45

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!!!

Mindfulness

Session A - Tuesdays \$100 Session B - Thursdays \$100

Session C - Both Days \$175

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

Student Name _____ Homeroom Teacher _____ Session A ___ B ___ C ___

Parent Name _____ Phone number _____ Email _____

SAVE THE DATES: copy in your calendar!!!

Session A - Nov. 5, 12, 19, Dec. 3, 10, 17, Jan. 7, 14

Session B - Nov. 7, 14, 21, Dec. 5, 12, 19, Jan. 9, 16

Have Questions? Feel free to contact me at linda.rosen@imagineschools.org