

Yoga Kids

Session A - January 20th-February 10th, 4 weeks.
Session B – February 17th – March 10th, 4 weeks.
1.40pm-2.40pm on Wednesdays. In Mr. Best’s Music portable #1
K-6thgrade \$40.00

Please join seasoned yoga teacher and Mead mum, Susan Giese for an introduction to the calming world of yoga. Your children will practice poses to help with balancing, strengthening, breath awareness and relaxing.

With yoga questions call Susan @4.922.1685
Other questions Deb Gross-debsue22@hotmail.com, 836-8364

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Student name _____ Grade _____

Parent name _____ Home # _____

E-mail _____ Cell # _____

My Child may leave by themselves after class? _____

My child will be picked up from class by _____

Please make check payable to Mead PTSA \$40.00.

Send registration form to Office attn: Deb Gross