





Interested in Yoga Club?

Some Benefits of Yoga Include:

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1. Helps with Self-Control
 2. Reduces Stress and Anxiety
 3. Improves Focus and Attention Span
 4. Trains Fine and Gross Motor Skills
 5. Builds Strength and Flexibility
 6. Teaches How To Regulate Emotions
 7. Benefits Health
 8. Impacts Relationship with Parents
 9. Boosts Self Esteem and Confidence
 10. Better Sleep



Thursday Afternoons 2:45 - 3:30
Offering for Grades 3 – 8 ONLY
Beginning: October 10, 2023
Investment - \$20 per child



If you are interested in participating
please return the form and money to:
Ellen Gerran 4B



Name & Grade: _____

