

# Yoga After School Program at Lincoln Avenue

Yoga has many benefits for children of all ages! Yoga helps to build confidence, improve body awareness, decrease anxiety, increased strength and flexibility as well as improve focus/concentration. Each class will incorporate yoga poses, mindfulness activities, games, and relaxation techniques. Classes will be presented in a fun and non-competitive manner and are taught by a certified yoga instructor.

Wednesdays from 3:15 to 4:15 PM

Grades 1-4

Cost: \$80.00 (Checks to Lincoln Avenue PTA)

Dates: February 5, 12, 19, 26, March 4, 11

\*\*Subject to sufficient enrollment. 6 student minimum and 10 maximum

Due Date: January 29, 2020

\*\*\*One parent volunteer will be chosen at random to act as a chaperone. This parent will be awarded free tuition for their child for the program. Chaperone must be at the school at 3:05. If you are interest, please check the box below.

\*\*\* Yoga After School Enrichment Program at Lincoln Avenue Sponsored by the PTA  
Cost: \$80.00 (checks made out to: Lincoln Avenue PTA or to sign up and pay online <https://yoga-after-school-program-at-Lincoln-ave.cheddarup.com> ) Due Date is : 1/29/2020



**6 WEEK SESSION**

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Grade and Teacher: \_\_\_\_\_

Phone number: \_\_\_\_\_

Who will pick up your child up? \_\_\_\_\_

Allergies, health issues that we should be aware of \_\_\_\_\_

Are you available to chaperone? Yes, I will be there by 3:05 pm \_\_\_\_\_ No: \_\_\_\_\_

My child has my permission to stay after school to attend Yoga

(parent signature): \_\_\_\_\_