

Yoga & Mindfulness After School Club

Focusing on fun basic yoga poses, breathing exercises, and relaxation techniques.

Creative expression, games, books, music, and positive affirmation will be used to promote

- strength, flexibility, balance
- concentration, focus, attention
- body awareness
- self/esteem/ confidence
- well-being and respect

Wednesdays: 3:15 - 4:15

6 Week Session

Dates: 1/30, 2/6, 2/13, 2/20, 2/27, 3/6

Grades: 1-4

Cost: \$80

Minimum of 6 & Maximum of 10 students

Registration is due by Wednesday, January 23rd.

Please fill out the form below and make check payable to Lincoln Ave PTA or use the link below to register.

Yoga/Mindfulness Enrichment Program Sponsored by the Lincoln Ave PTA

Cost: \$80

Name _____ Grade & Teacher _____

Email address _____ Phone # _____

Who will be picking up your child? _____

Does your child have any allergies/ health concerns? If so, please explain.

Are you available to chaperone and can be at Lincoln Ave at 3:05 PM? (If more than 1 parent volunteers, the chaperone will be chosen at random. The parent chosen to chaperone will have their child's tuition waived.) Yes _____ No _____

My child has permission to attend the Yoga/Mindfulness AfterSchool Program (parent signature)

PTA Contact Tricia McVeigh 845-304-1241 morgan8844@yahoo.com