

YOGA at SRFACS
Winter 2018 Enrichment
5th & 6th Grade

Thursdays, 8 Sessions, 3-4 PM
January 9th - March 1st
Price per student: \$160.00

Yoga program provides and explores:

- Postures and Play
- Props to enhance learning experience
- Breathing Techniques
- Mindfulness and relaxation exercises
- Arts & Crafts
- Songs and singing
- Supportive adjustments and assists
- Partner and group yoga

Yoga mat provided for each student during class. Class size limited to 12 students.



Contact: Kristin Jewett: 619-980-5901 or kristin@koyogafit.com to sign-up!
Cash, check, Venmo and PayPal accepted. Please submit payment by/at first session.