



TRAVELL YOGA CLUB

What is it?

The Yoga Club is a club at Travell run by Ms. Lauro and Mrs. Tracy.. It is a 30 minute, once a week club where students will be working on flexibility, stamina, concentration, focus, and strength. Using multiple approaches, the teachers will be leading the students through lots of different yoga poses and yoga games.

When is it?

Yoga club will be once a week for 5 weeks from 8:05-8:35. Students will be dismissed to their classrooms from Yoga Club.

Kindergarten-2nd graders will be Tuesday mornings:

(Feb. 28, March 7, 14, 21, 28)

Grades 3-5 will be Thursday mornings:

(March 2, 9, 16, 23, 30)

What do I need?

Please have your children dress comfortably for movement on the ground. They must have SOCKS to participate. If they'd like to bring their own yoga mat- they can- but one will be provided for them to use if they need it.

How do I sign up?

Unfortunately, we can only accommodate 25 students each day. Please fill out your forms ASAP and return them TO MS. LAURO OR MRS. TRACY in person! **Do not leave them in their mailboxes!** Sign up's will be taken in the order they are received. You will be notified if you are one of the 25. Please hand in forms no later than

Monday February 27, 2017.

YOGA CLUB

Student Name: _____ **Grade/Class:** _____

Parent contact phone #: _____

Parent Email: _____