

YOGA

Ms. Sharyse Tacy and Ms. Holli Bettis, our Kindergarten teachers, are certified yoga instructors and are offering afterschool YOGA classes to our students in grades K-8. If the class falls on a mini-day or holiday, it will be re-scheduled.

Students will practice different yoga poses and breathing techniques, while learning and continuing to practice their ABC's of YOGA! This is a great opportunity for students to develop more strength, flexibility, balance, concentration, and mindfulness.

WHO: Students in Grades K - 8

TIME: 3:00 - 4:00 pm

COST: \$150.00 per quarter

**WHEN: Grades K-8 (Ms. Tacy) - Mondays and Wednesdays
Grades K-8 (Ms. Holli) - Tuesdays and Thursdays**

WHERE: Primary Playground

**STUDENTS MUST BRING: - a yoga mat - comfy cloths to wear
- a water bottle - a snack to eat**

Space is limited to 15 students per class.

Mahalo and namaste,
Ms. Tacy & Ms. Holli

