

# 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 also a great opportunity for students to learn how to be mindful and practice 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

