



3rd Quarter 2021

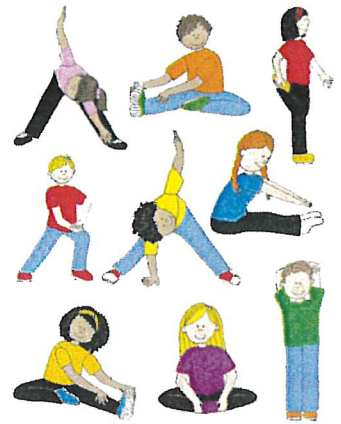
Aloha Parents,

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 1-8. This is a great way to start the new year healthy and with a positive mind set. Grades 1-3 classes begin on Wednesday, January 13th and grades 4-8 classes begin on Thursday, January 14th. If the class falls on a mini-day, 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.

Some benefits of YOGA for kids are:

- Promotes balance, coordination, and body awareness
- Improves flexibility, strength, and posture
- Improves digestion and circulation (strengthens the immune system)
- Promotes relaxation and improves sleep
- Reduces anxiety, tension, and stress
- Improves concentration, focus, memory, and imagination
- Increases self-esteem, confidence, and social skills
- Strengthens the heart, mind, and spirit connection



WHO: Students in Grades 1 - 8

WHEN: Monday (Grades 1-3) from 3:00 - 4:00 pm (Ms. Tacy)

Tuesday (Grades 4-5) from 3:00 - 4:00 pm (Ms. Holli)

Wednesday (Grades 1-3) from 3:00 - 4:00 pm (Ms. Tacy)

Thursday (Grades 6-8) from 3:00 - 4:00 pm (Ms. Holli)

WHERE: Primary Playground

COST: \$150 per session (Cash or check made payable to Mary, Star of the Sea School)

Students must bring: - a yoga mat - comfy cloths to wear - a water bottle - a snack to eat

Please complete the portion below and return to the school office by **December 16th** with \$150 cash/check. **Space is limited to 15 students per class and will be first come, first served.**

Mahalo and namaste,
Ms. Tacy & Ms. Holli



Student Name: _____

Grade/Homeroom Teacher: _____

Monday (Gr. 1-3) Tuesday (Gr. 4-5) Wednesday (Gr. 1-3) Thursday (Gr. 6-8)

Parent Name: _____

Parent Signature: _____

Parent Email Address: _____

Emergency Contact #: _____