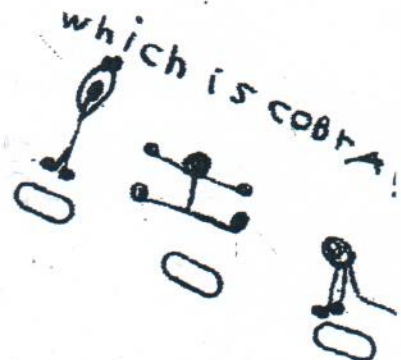


Y*o*G*a

St. Anthony Catholic School



Benefits include increased flexibility and strength, self-confidence, body/spacial awareness, balance, focus, concentration, and calmness. An awareness of how the breath, mind, and body are connected has been known to cause wonder and incite curiosity. Asana(posture) and pranayama(breath), the two main components of this class, will be woven together with songs, stories, Sanskrit(ancient language of yoga) words, laughter, and fun.

REGISTRATION NOW OPEN

Price: \$150(10 classes)

Days: Thursday January 11 – March 15, 2018 from 3:15- 4:15

Grades: K – 8

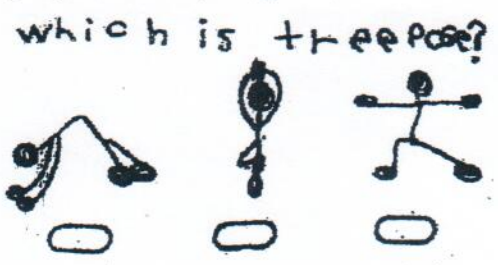
Checks payable to: Grace Hamilton

Dress Code: Loose fitting shorts or tights and T-shirt/Top. Bare feet.

Materials needed: One yoga mat . Please put your child's name on the mat. We will store them after class.

Limited Space

Registration:



Name of student: _____ Age: _____ Grade: _____
Parent: _____ Email: _____
Address: _____ City: _____ Zip: _____
Phone: _____ Emergency Phone: _____

Physical Issues/Injuries/Concerns: _____

For more information: Grace Hamilton, RYT200 Certified Yoga Teacher, Yoga Alliance.
Cell: 954-770-2331