

# Join the YOGA Club!

Ms. Linda will lead two different groups through (1) a variety of poses focusing on different areas of the body, (2) breathing exercises, and (3) guided meditation over the course of 8 weeks.

Whether you are a beginner or have been doing yoga regularly, the Yoga Club is the place for you!

## **WHO, WHEN, WHERE & FEE:**

- **Children's House - Mondays 3:45-4:30 pm starting 3/25**
- **Elementary & MAP - Fridays 3:45-4:30 pm starting 4/5**

The fee for this club will be \$80 for 8 weeks (after-school rates will apply). Make checks payable to Linda Wellenius.

## **NAMASTE!!**

