

Breathe • Stretch • Relax

Students will learn to manage emotions and stress through light stretching, breathing techniques, and meditations.



Mondays 3:45-4:45
For all students in grades 1-5

January – 9 & 30 = \$40
February – 6, 13 & 27 = \$60
March – 5, 19 & 26 = \$60
April – 2, 9, 16, 23 & 30 = \$100
May – 7, 14 & 21 = \$60

**Students must wear comfortable clothing, yoga pants and a t-shirt recommended. A yoga mat or a thick towel is required to participate.

Students must be picked up by 4:45
Please note that a \$5.00 late fee will be added for every 15 minutes after 4:45

If you have any questions, feel free to contact me at
Ms. Roche = eroche@recscharter.org