



# **TRAVELL YOGA CLUB**

## **What is it?**

The Yoga Club is run by Mr. Beyer and Mrs. Tormey. It is a 30 minute, once a week club where students will be working on flexibility, strength, concentration, and resilience. Using multiple approaches, the teachers will be leading the students through a variety of yoga poses, games, and activities.

## **When is it?**

Yoga club will be once a week for 4 weeks from 8:05AM-8:35AM in the gym. Students will be dismissed to their classrooms from Yoga Club.

**Kindergarten-2nd graders will be Tuesday mornings:**

(April 9th, 16th, 23rd, 30th)

**Grades 3-5 will be Thursday mornings:**

(April 11th, 18th, 25th; May 2nd)

## **What do I need?**

Please have your children dress comfortably for movement. If they'd like to bring their own yoga mat, they may, but one will be provided for them to use if they need it.

## **How do I sign up?**

We can only accommodate 25 students each day. Please fill out your forms ASAP and return them to Mr. Beyer OR Mrs. Tormey in person! **Do not leave them in their mailboxes!** Sign ups will be taken in the order they are received. You will be notified if you are one of the 25.

Please hand in forms no later than Friday, April 5th.

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## **YOGA CLUB**

**Student Name:** \_\_\_\_\_ **Grade/Class:** \_\_\_\_\_

**Parent contact phone #:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_