

After school Yoga for Kids at Queen Mary

After school yoga for kids grades 4-7 begins Wednesday January 23rd from 2-2.50pm. Through a blend of breath work, poses, games, philosophy and fun, we will explore how to stay balanced, strong, flexible and focused. The session will run 8 weeks, Jan.23-March 13. Students are encouraged to bring their own yoga mat.

Name _____
Grade/Div. _____
Email _____
Emergency contact # _____

Contact: ghanamusil@gmail.com

Please make cheque payable to RC and MS inc.

Cost for the 8-week session is \$50. Reserve your space by emailing Dhana at the above email address. Registration form and cheque can be dropped off later at the PAC mailbox. **Deadline for registration Mon, Jan. 14. Maximum 25 participants.**

