

Yoga for Kids at Queen Mary

Lunch hour yoga for kids grades K-3 begins Tuesday January 22nd from 12.25-12.55 (after lunches have been eaten). 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.22-March 12. Children are encouraged to bring their own yoga mat and a blanket, a pillow and even a stuffy if they like.

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. Registration form and cheque can be dropped off at the PAC mailbox. **Deadline for registration Mon, Jan 14th. Maximum 25 participants.**

