**Morning Yoga Class**

This session is designed to help students slow down and focus on the present moment. We will combine breath and movement to improve balance, flexibility, and strength. Students will learn to be more centered, grounded, and better able to handle all of life’s situations.

|  |  |
| --- | --- |
| **3-6th grade: TUESDAYS**March 12, 19, 26April 9, 16Time: 7:20-8:20 amPlace: Primary Gym | **1-2nd grade: THURSDAYS**March 14, 21, 28April 11, 18Time: 7:20-8:20 amPlace Primary Gym |

\*Limited to 15 students/session

\*Attire: Comfortable clothes and socks (water bottle recommended)

\*Mats will be provided

\*Contact: Mrs. Passarell Email: lpassarell@holleycsd.org Phone: 585-638-6316 ext. 2579

…........…..............................................Keep top portion..............................................................................

Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade\_\_\_\_\_\_\_\_\_\_\_

 I give permission for my child to participate in Morning Yoga from 7:20-8:20 on the dates listed above.

 My child will ride the bus to school.

Address to be picked up at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OR

 I will drop my child off at the front loop of the school.

Is it okay to take photos of your child for the Holley Newsletter? YES NO

Signature of Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_