



After School Yoga

Dear Parent/Guardian,

Starting in February, we will be offering Yoga Club to students after school on Tuesdays from 3:00pm-4:00 pm. There will be seven sessions on the following dates: **2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4.**

This club will focus on exploring yoga practices and mindfulness. Recent research indicates that yoga and meditation support learning readiness and a positive school climate.

If your child would like to participate in Yoga Club, please complete the permission slip and return it to your child's teacher. Comfortable clothes are recommended.

There will be a *limited* amount of space available for attending the club. **Therefore, all students will be entered into a lottery for participation.**

Please return permission slips by Friday, February 10th.

Sincerely,

Ms. Daminger & Ms. Racite

Yoga Club Permission Slip

***Please return to the main office**

Child's Name: _____

Child's Teacher: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

My child will be (**please circle one**): **Picked Up*** / **Walking Home*** / **Going to KEYS** after this program ends at 4pm.

* Students will be dismissed via Mansion Avenue all-purpose room doors.

I give my child, _____ permission to participate in the YogaClub after school program from 3:00pm-4:00pm.

Parent/Guardian Signature