

MERION ELEMENTARY PRESENTS

YOGA CLUB

Sept 28 - Nov 30 | Friday Mornings 8:00 to 8:55am

Grades 2 - 5 | All skill levels welcome!

Tuition \$90 | 8 week session | No class Nov 9 & Nov 23

Learn yoga poses

Develop everyday mindfulness practices

Cultivate calming breathing techniques

Increase strength, flexibility, balance, and coordination

Build concentration and focus

Learn tools to cope with stress and different emotions

HOW TO REGISTER

-Visit www.aliredding.com

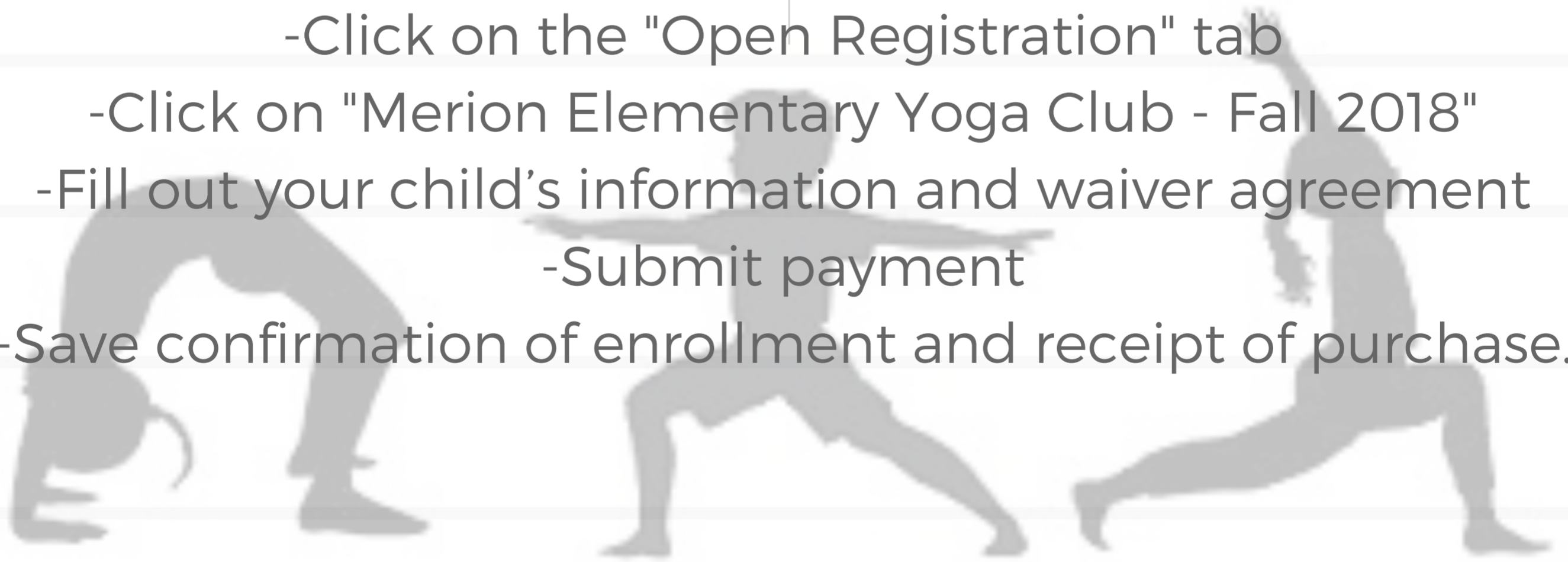
-Click on the "Open Registration" tab

-Click on "Merion Elementary Yoga Club - Fall 2018"

-Fill out your child's information and waiver agreement

-Submit payment

-Save confirmation of enrollment and receipt of purchase.



In order for yoga club to be held, we'll need a parent volunteer (with confirmed LMSD volunteer clearances on file) to help out every week. An email will be sent with a sign up link to parents whose children are registered. Thank you!

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