

MERION ELEMENTARY PRESENTS

# YOGA CLUB

## SPRING SESSION

April 12 - June 7 | Friday Mornings 8:00 - 8:55am

Grades 2 - 5 | All skill levels welcome!

Tuition \$90 | 8 week session

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](http://www.aliredding.com)

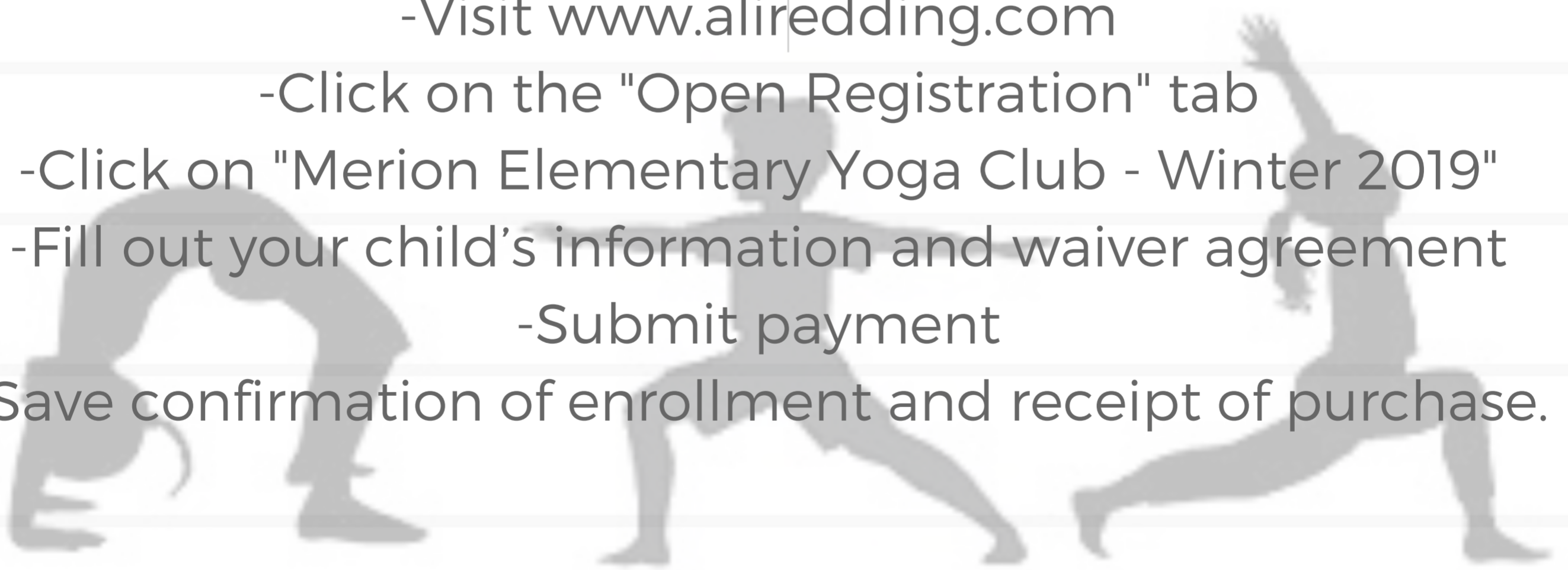
-Click on the "Open Registration" tab

-Click on "Merion Elementary Yoga Club - Winter 2019"

-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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