



*Have fun learning how your body & mind connect with yoga!*

**What?** Yoga club is designed for students to learn through movement and build mind-body coordination in a fun and creative way!

**When?** **Friday mornings - 8:05 - 8:40 am**  
Session 1: 5 weeks - January 5th through February 5th

Session 2: 6 weeks - April 12th through May 17th

**Where?** 7DE Gymnasium - Please drop students off at the side door by gym.

**Why?** Yoga promotes and maintains flexibility for children's growing bodies. Yoga teaches concentration, body awareness, stress management, responsibility, and discipline. Yoga fosters creativity, confidence, kindness to others, and social skills.

**Who?** All students are welcome - Limit of 20

**Questions:** Contact Christina Barker - [cbarker2@bcps.org](mailto:cbarker2@bcps.org)

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\_\_\_\_\_ has permission to participate in 7DE yoga club.

Session 1 \_\_\_\_\_ Session 2 \_\_\_\_\_

Homeroom Teacher \_\_\_\_\_ Parent Name \_\_\_\_\_

Phone/ Email: \_\_\_\_\_

Parent Signature \_\_\_\_\_