



Parents and Guardians,

We are so excited to be back with you, offering our 6-week after-school yoga curriculum "My Amazing Body" at Woodmen Roberts this spring!

Join Ms Bernadet for learning about the systems of our bodies and taking care of ourselves physically and emotionally. We'll incorporate books, stories, games and plenty of imagination and mindful movement.

**Dates:** Tuesdays:  
3/30, 4/6, 4/13, 4/20, 4/27, 5/4

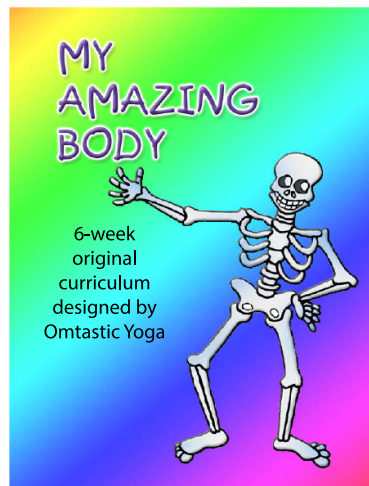
**Time:** 3:15 - 4:15 pm

**Grades** K - 5

**Price:** \$72 for 6 weeks

Class minimum: 5

Class Maximum: 20



### What Can Yoga Do for Our Children?\*

- Enhance Physical Flexibility
- Refine Balance and Coordination
- Develop Focus and Concentration
- Boost Self Esteem and Confidence
- Strengthen the Mind Body Connection

*\*This information is taken from **Parents Magazine***

**Bring:** Snack, water bottle and a mat if you have one. We will have clean mats for students that may need one.

For questions contact WRE Office at (719) 234-5300