



## **STRETCH, BREATHE, & find your PEACE through YOGA with Coach “C”.**

**PK3 & PK4 Thursday 3:30-4:00 p.m.**

**Kindergarten, 1<sup>st</sup>, & 2<sup>nd</sup> grades Thursday 4:15-4:45 p.m.**

**DATES: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6,  
11/13, 11/20, 12/4**

**COST: \$125 ACCOUNTS WILL BE BILLED**

**Yoga mats will be provided.**

**Yoga helps children develop their physical, emotional, &  
mental health, as well as promote self-awareness,  
concentration, & relaxation.**

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**Email Coach “C”/Kelly at [KCalifar@lakeforrestprep.com](mailto:KCalifar@lakeforrestprep.com) with any  
questions or concerns. HAPPY STRETCHING 😊**