



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

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

Kindergarten, 1st, & 2nd grades Thursday 4:15-4:45 p.m.

**DATES: 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/26,
4/2, 4/9, 4/16, 4/23, 4/30**

COST: \$125 ACCOUNTS WILL BE CHARGED.

Yoga mats will be provided.

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

**Email Coach “C”/Kelly at KCalifar@lakeforrestprep.com with any
questions or concerns. **HAPPY STRETCHING** 😊**