



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

PK3 & PK4 Thursday 4:00-4:30

Kindergarten, 1st, & 2nd Grade Thursday 4:40-5:10

**DATES: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12,
11/19, 12/3**

COST: \$125

Accounts will be billed

Please bring a yoga mat.

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

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