Kinder-2nd grade
Asbury Yoga

10 reasons for kids yoga:

- Builds social skills and encourages team-building
- Increases awareness and emotional stability
- Improves coordination and flexibility
- Helps to develop self-control and self esteem
- Teaches breathing techniques that enhance performance and lessen stress
- Gives kids tools to relax and calm down
- Builds strong bones and strengthens the immune system
- Sets groundwork for a healthy lifestyle
- Improves posture and balance
- Improves focus and attention

INFORMATION:

When: MONDAYS:

Starting January 29th thru April 9th

****No class Feb. 19th and April 2nd.*

Time: 3:15-4:30

***Ms. Werner, Asbury art teacher, is a certified children's' yoga instructor and will guide students in their yoga practice.

Cost: 60$

Questions: Jennifer_werner@dpsk12.org

Parent Name_____ Contact number_____
email:_____

Student _____Teacher/Grade_____

Food Allergies_____

Cash or checks, make payable to Ms. Werner ** Turn into office.

3rd-5th grade
Asbury Yoga

10 reasons for kids yoga:

- Builds social skills and encourages team-building
- Increases awareness and emotional stability
- Improves coordination and flexibility
- Helps to develop self-control and self esteem
- Teaches breathing techniques that enhance performance and lessen stress
- Gives kids tools to relax and calm down
- Builds strong bones and strengthens the immune system
- Sets groundwork for a healthy lifestyle
- Improves posture and balance
- Improves focus and attention

INFORMATION:

When: Tuesdays

Starting January 30th thru April 10th

****No class Feb. 20th*

Time: 3:15-4:30

***Ms. Werner, Asbury art teacher, is a certified children's' yoga instructor and will guide students in their yoga practice.

Cost: 60$

Questions: Jennifer_werner@dpsk12.org

Parent Name_____ Contact number_____
email:_____

Student _____Teacher/Grade_____

Food Allergies_____

Cash or checks, make payable to Ms. Werner ** Turn into office.