

YOGA & MINDFULNESS CLUB FOR GIRLS



YOUNG & CO.



This spring, girls in 3rd, 4th, and 5th grades have the opportunity to learn and practice basic yoga poses and mindfulness techniques to help cope with the stresses of life. This club will be led by Miss Lawson. There is no cost to participate.

3rd & 4th graders will be on Wednesdays, and 5th graders will be on Thursdays:

Wednesday April 1 and Thursday April 2

Wednesday April 8 and Thursday April 9

Wednesday April 22 and Thursday April 23

Wednesday May 13 and Thursday May 14

Wednesday May 20 and Thursday May 21

all at 2:30-3:30pm

If you have any questions, please email Miss Lawson at

klawson@incarnatewordacademy.org

Please fill out and return this permission slip to Miss Lawson by Monday March 23.

My child, _____, has my permission to participate in Yoga and Mindfulness Club at IWA from 2:30-3:30 on the above dates in April and May.

Parent signature _____

Parent email: _____