



**Join Nicole Anne Yoga for Morning Yoga at Bright Beginnings School**

**TUESDAY MORNINGS PRE-K – 2<sup>ND</sup> GRADE**

**7:30AM-8:15AM** (1/15, 1/22, 1/29, 2/5, 2/12, 2/19, & 2/26)

Instructor: Ashley Ridge (480) 349-1751 Classroom: 19

**THURSDAY MORNINGS 3<sup>RD</sup> – 6<sup>TH</sup> GRADE**

**7:15AM-8:15AM** (1/17, 1/24, 1/31, 2/7, 2/14, 2/21 & 2/28)

Instructor: Katie Hembrough (602) 758-4947 Classroom: 19

**COST \$100 (7 weeks)**

- Helps your child develop body awareness
- Yoga helps kids learn how to use their bodies in a healthy way
- Manage stress through breathing, awareness, meditation and healthy movement
  - Helps build concentration
  - Increase confidence and positive self-image
  - Feel part of a healthy, non-competitive group
- Have an alternative to tuning out through constant attachment to electronic devices
  - Gives students an alternative way to handle challenges

**What students will learn:** Awareness of Breath, Strengthening and Energizing, Balancing, Stretching and Lengthening, Awareness and Focus, Flowing, Connecting, Integrating, Meditation and Relaxation.

**Students should bring:** Yoga mat, water, and dress so that they can move comfortably.

If you have any questions, please contact Nicole Fonovich at (847) 840-7277 or [nicole@nicoleaneyoga.com](mailto:nicole@nicoleaneyoga.com)

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Day of Participation: **Tuesday** **Thursday**

E-mail (print clearly): \_\_\_\_\_

Emergency Contact & Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make checks payable to Nicole Anne Yoga. Cash Preferred. Please return to classroom teacher by January 11<sup>th</sup>.