



# Little Yogis

Join us for an after school yoga club for 4-6th grade UES students!

We will explore mindfulness, yoga poses, yoga sequences, obstacle courses, and even partner yoga!

Sign up with a friend or come to make new connections! First come first serve!

**Tuesdays 3:00 - 4:00 pm**

November 7, 14, 21, 28	February 6, 13, 20, 27
December 5, 12, 19	March 5, 12, 19, 26
January 2, 9, 16, 23, 30	April 9, 16

**Club Advisor: Ms. Heather Marines (certified yoga teacher)**

[hmarines@mtps.us](mailto:hmarines@mtps.us)

All you need is a water bottle, towel, and comfortable clothes!

Yoga mats are available upon request.

**Return the bottom if you are interested by Friday, October 27th (max 15 students).**

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Your child's first & last name	
Grade & Homeroom Teacher	
Parent name	
Parent email	
Parent phone #	
Allergies or health/physical restrictions?	

I give permission for my child to participate in Little Yogis on Tuesday afternoons from 3:00-4:00. **\*I understand that there is no transportation and I will pick up my child promptly at 4:00 at the front of the building.**

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