

Falls- Lenox After School Yoga Program Spring 2020

Students in grades 1-3 are invited to join Miss Sanfilippo for Yoga Club at Falls-Lenox. Your child will participate in a forty-five minute yoga class designed especially for children. Yoga for children has been shown to increase focus, self-esteem, physical strength, and flexibility while decreasing stress and anxiety. This class incorporates a variety of traditional poses, partner poses, activities, games, and relaxation techniques in a fun and relaxed environment. Students will leave with tools that provide them the opportunity to grow physically, mentally and emotionally. Miss Sanfilippo is a trained kids yoga instructor and is very excited to bring yoga to Falls-Lenox!

Yoga Club will be held on the following Wednesdays in the Lenox gym directly after school from 2:35 to 3:20:

March 4th

March 11th

March 18th

(No Yoga March 25th due to Helping Hands)

April 1st

April 8th

(No Yoga April 15th due to Spring Break)

April 22nd



*Yoga mats will be provided.

*Total cost is \$35.

*Space is limited to the first 40 students who register.

*Students need to be picked up promptly at 3:20 by a caregiver.

*Register via the Olmsted Community Center online at www.olmstedcc.com under Programs - Youth - Yoga.

*If the cost of this program inhibits your child from participating, please reach out to Miss Sanfilippo directly by emailing RSanfilippo@ofcs.net.