# Peace, Love, Yoga & Mindfulness!

Peace, Love, Yoga & Mindfulness has been invited to offer a six week Yoga & Mindfulness series for the students of TCA. Each class will be a little over an hour long and will incorporate many elements of yoga, including: Pranayama (breath), Asana (poses), songs, games, focusing activities, guided meditation, and Savasana (relaxation). We will hold two sessions, one on Tuesdays for grades K-3rd and Thursdays for grades 4th-6th. Classes are directly after school from 3:20-4:30pm. Location TBD. *If K-3 fills up I may add an additional class on Wednesdays.

Dates are as follows: Tuesday dates- 8/29, 9/5, 9/12, 9/19, 9/26, and 10/3 and Thursday dates–8/31, 9/7, 9/14, 9/21, 9/28, and 10/5. If interested, please return the bottom portion along with payment labeled YOGA by Friday, August 18th.  I take students in the order their permissions slips come into the office. If you do not hear from me it means your child is ON the roster for our class. :)

Please make sure your child comes in shorts that day, with a healthy snack, mat, and water bottle. I am hoping we can keep mats at school somewhere until the session ends. If you don't own a mat I'll have a couple extra on hand for sharing.

Series cost: $125. If you would like to sign up a second child PLY&M happily offers a 50% discount for siblings ($62.50). Cash is preferred but checks and venmo/zelle are graciously accepted. If writing a check, please make checks payable to Gina Berriola.  Any questions? If so, you can reach me at freespiritlearning@gmail.com  or call/text to (631) 374-9302. Can't wait to see them on the mat! Let the fun begin...

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Child's name: _____     Grade:_____  Teacher:_____

Sibling's name (if signing up): _____     Grade:_____  Teacher: _____

Parent's name:_____     Contact #: _____

Cash or Check #, or Venmo/Zelle_____  Tuesday session_____    Thursday session_____