



# YOGA CLUB

**1st - 3rd Graders**

**Coordinator: Kendra Renshaw**

**Class Description:** This session will be for K – 3rd graders. This is for the person who has no knowledge or is a beginner who wants more time for development of their skills. We will start with the basics and progress from there. A change of clothing (loose) and a yoga mat or beach towel is recommended.

**Enrollment:** There is a limit of 10 spots and enrollment is a first come, first served basis, so please return this form no later than Friday, Sept. 30th. These classes are dependent upon interest, and there is a minimum and maximum number of students per class.

If for any reason a class is not offered, or if your student does not get into the class, you will be put on a waiting list.

**•Any questions or concerns contact:**

*Kendra Renshaw at: kendrarensaw@gmail.com*



Half Pigeon



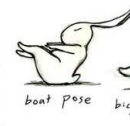
Superhero pose



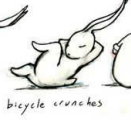
Camel Pose



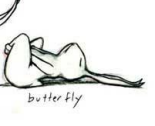
Seated Forward Bend



boat pose



bicycle crunches



butterfly



happy baby pose



savasana

**Place: D-2**

**Day: Wednesdays**

**Dates: Oct. 12, 19, 26**

**Nov. 2, 9**

**Time: 3:15 – 4:30 pm**

**Please return bottom portion to office**

Student Name:

Classroom:

Grade:

Parent Name:

Phone#:

Parent email address:

**Yoga Club 1st – 3rd Graders**

This space for Activities Committee