

After School Yoga

*with
Miss Jennifer*



After School Yoga Information

Mondays, 3:40-4:40

11-week session

Ages: Kindergarten-3rd grade (class will be capped at 12 students)

Cost: \$75 for the 11-week session

This class will focus on helping children develop self-awareness through breath, movement, stillness, contemplation, and interactive games and teamwork. Jennifer is a Primary teacher at Shaw and has been practicing yoga for over 15 years. She is certified in Child Light Yoga for Kids.

Questions: Email Jennifer at Jennifer.hawkins@phxschools.org

After School Yoga Application

Student Name: _____

Student's Teacher: _____

Parent Names: _____

Emergency Contact
Information: _____

Parent Email: _____