After School Yoga Program

Hawthorne Brook is having a 4-week introductory yoga program for any interested students in grades 5-8.

Description:
After a busy school day, students will begin class by learning simple breathing techniques to quiet the mind, followed by gentle stretching to warm the body. During class they will be guided through a series of yoga poses that promote physical strength, flexibility, and coordination. Group or partnering poses will focus on balance to build self-awareness, concentration, and cooperation. Class will end with additional breath work for relaxation.

Instructors:
Carin Duteau and Shagufta Rahman completed their 200 hour Fluid yoga teacher training in May 2016. They teach private yoga lessons, community yoga classes in Groton and Townsend, and yoga classes for the Groton/Dunstable Continuing Ed program. In addition, Carin and Shagufta are trained instructors for "Bodhi & Mind Yoga" providing one-on-one yoga and meditation to women with breast cancer. (www.bodhiandmindyoga.org)

Classes will be held from 2:30-3:30 on the following Mondays and Fridays:
4/7, 4/10, 4/24, 4/28, 5/1, 5/5, 5/8, 5/12

The cost of the program is $40.
Checks should be made payable to Hawthorne Brook Middle School.

The maximum number of participants will be 20 students.
This will be on a first come basis.

Student Name: _____ Grade: _____

I give my permission for my child to attend the yoga class after school.

_____	_____	_____	_____
Parent/Guardian Name	Signature	Date	Phone

Please arrange for a ride at 3:30.

I give permission for my child to go to the library on Fridays after yoga. ___

The library is not open on Mondays.