

EXPLORIS Yoga Club

April 22 – June 3, 2014

Student name: _____

Grade: _____

Crew Teacher: _____

Time: 3:30-4:20 pm

Location: Basement at Exploris

Dates: Tuesdays

April 22 – Earth Day!

April 29 – 8th grade will be at Outward Bound

May 6

May 13

May 20

May 27

June 3

What you will need:

Yoga mat

Oversize bath towel or yoga Mexican blanket

Yoga strap

2 yoga blocks

Note: I have yoga mats and some blocks, straps and blankets, so don't worry if you do not these props.

What to wear:

Comfortable clothing

Parent name: _____

Parent signature: _____

Best number in case of emergency: _____

Please let me know if there any physical concerns/issues, i.e. tight back, shoulders, hips, knees, etc...

Please return form to Mary Margaret in the office!