



Spring YOGA CLUB

at Penn London Elementary School

Just for kids!

Bringing the joy of yoga to your child's school!

Yoga Club is a great way for students to learn how to **reduce stress** as well as **improve concentration, mood, balance and flexibility.**

This introduction to yoga incorporates playful movements and games in a noncompetitive environment. Each class ends with a guided relaxation to allow students to decompress after a full day of school. **Calming their bodies and minds!**

Our yoga classes begin to build the foundation for a lifetime of self awareness and compassion.

Spring Session

April 9th- May 28th

- 🔍 K-1st Graders
- 📅 Tuesdays 3:15-4:15 pm
- 📍 Penn London (onsite)
- 💰 \$125 (8 week session)

Register Online!

Notice: This activity is not a school district activity and is not sponsored by or endorsed by the Avon Grove School District. Any school district employees participating in this activity are doing so in their individual capacities and not as employees or agents of the school district. No student is required to participate in this activity and participation is voluntary. The school district has no control over or responsibility for this activity.

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