

BRMS PTO IS PLEASED TO OFFER YOGA AS AN AFTER SCHOOL ACTIVITY

The remaining sessions will be open to all students in both 5th & 6th grade.

Yoga is a wonderful complement to any sports that children may already play, as well as an amazing tool to enhance their flexibility, strength, coordination, balance and body awareness. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga helps to bring that beautiful inner sparkle that all children have to the surface.

The intention of the Yoga program is to encourage fun and exploration in a safe and noncompetitive environment while surrounded by friends. Breathing and meditation activities will offer your child some tools to improve their focus, relaxation and self-control. In addition to reaping yoga's physical benefits through asanas (poses) we will be mindful of building inner-strength, confidence & self-esteem; respect for one another; and, most importantly a love for one's inner and outer self.

2012 Sessions
Tuesdays, Jan. 10th- Feb. 7th
Thursdays, March 8th- April 12th
Mondays, May 7th- June 11th

All classes will be led by certified yoga instructor, Barbie French. She currently offers programs at South Kingstown elementary schools, some private schools and BRMS.

On Yoga day, students should wear comfortable clothing that is easy to move in and bring either a yoga mat or beach towel on which to practice as well as a water bottle. No prior experience is necessary. Classes will be held outdoors, if weather permits, or in the fitness room. Children will either be dismissed to parents at 3pm or may ride the late bus home.

~Minimum of 10 children required for each session~

To register for the next Session, simply complete the form below and return it with payment to BRMS by

Friday, January 6th.

Please make checks payable to BRMS PTO.

COST: \$35.00 (\$5.00 of which will be donated to BRMS PTO)

Student's Name _____ Grade _____

Parent/Guardian _____ Phone # _____

Email address _____

Confirm enrollment via email or telephone? (please circle)

Permission to pick up other than parents/guardians:

1. _____ 2. _____

Emergency contact (must be reachable between 2-3pm on class days)

Name _____ Phone _____

Allergies/Concerns: _____

I give permission for my child _____ to attend the Yoga program at

BRMS from 2pm-3pm.

Parent/Guardian Signature