

Bellmore Elementary PTA

Winthrop Avenue School

The Bellmore Elementary PTA presents Yoga Club!!



Yoga Club will be held on Wednesdays, during recess, for the month of March. The children will have an opportunity to participate in a yoga class with a certified yoga instructor.

Each yoga session teaches life skills to enhance physical health, mental and emotional awareness and social connection. They will participate in exercises for focus, breathing techniques, movement, connection and relaxation.

If you have any questions, please feel free to call...

Jaime Summersille or Kathleen Mullin
516-655-5919 516-297-9825

If your child would like to participate in **Yoga Club**, please return this portion back to your child's teacher by February 16, 2018.

Child's name: _____ Teacher: _____

Parent name: _____ Phone #: _____

Email: _____

Yes, I can volunteer to help out during Yoga Club

(Circle the dates you are available)

March 7

March 14

March 21

March 28