

# BELLMORE ELEMENTARY PTA

Shore Road School

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## The Bellmore Elementary PTA presents **YOGA CLUB!!**



**Yoga Club** will be held on **Mondays** during recess, starting **January 27th**. 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 contact:*

Anneliese Rahim

718-213-2588

anneliesejohn@aol.com

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### **Would you like to Volunteer?**

If you would like to volunteer to help out during **YOGA CLUB**, circle the dates that you are available below.

Please keep in mind, younger siblings will not be allowed to attend.

Please return this portion of the flyer by January 20, 2020.

Parent name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Child's name: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

**Yes, I can volunteer to help out during Yoga Club from 12:30-2:00pm on...**

January 27

February 3

February 10

February 24

*(Please circle all dates that work for you.)*

**THANK YOU for volunteering, we will send you an email or text confirming your day.**