

# Bellmore Elementary PTA

Shore Road School

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## The Bellmore Elementary PTA presents Yoga Club!!



**Yoga Club** will be held on Tuesdays, 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...

Alison Prainito or Denise Cerrotta

516-639-0485

516-729-8689

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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 6

March 13

March 20

March 27