



# After School Yoga

Dear Parent/Guardian,

Starting in February, we will be offering Yoga Club students after school on Tuesday from 3:00pm-4:00pm. There will be seven sessions on the following dates: **2/15, 3/1, 3/8, 3/22, 3/29, 4/5, 4/12.**

This club will focus on exploring yoga practices and mindfulness. Recent research indicates that yoga and meditation support learning readiness and a positive school climate.

If your child would like to participate in Yoga Club, please complete the permission slip and return it to your child's teacher. Comfortable clothes are recommended.

There will be a *limited* amount of space available for attending the club. **Therefore, all students will be entered into a lottery for participation.**

Please return permission slips by Tuesday, February 8th.

Sincerely,

*Ms. Daminger & Ms. Racite*

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**Yoga Club Permission Slip**

**\*Please return to the main office**

Child's Name: \_\_\_\_\_

Child's Teacher: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

My child will be (**please circle one**): **Picked Up\*** / **Walking Home\*** / **Going to KEYS** after this program ends at 4pm.

\* Students will be dismissed via Mansion Avenue all-purpose room doors.

**I give my child, \_\_\_\_\_ permission to participate in the YogaClub after school program from 3:00pm-4:00pm.**

\_\_\_\_\_  
**Parent/Guardian Signature**