



Good Night Yoga Club

Join Mrs. Stratford as she guides you into relaxation mode right before you hit the hay. You'll enjoy a picture book story together all the way through once. Then on the second time around you'll twist and bend into the poses. As your final send off you'll lie down and enjoy a sweet visualization that fills your head with peace and calm.

WHEN: (Session 1) Thursday nights from 7:00-7:45pm. January 7, 14, 21, 28, Feb. 4, 11

(Session 2) Thursday nights from 7:00-7:45pm. February 25, March 4, 11, 18, 25, April 1

WHERE: The Good Night Yoga Club zoom (provided upon acceptance into the club)

Space is limited to 40 students from grades 2-5. (Family members are welcome to join the student.) First come, first served for each grade level. Please email me at STRATFORDS@ISSAQUAH.WEDNET.EDU by December 14th. Please provide:

- *Student name, grade and classroom teacher
- *Parent/guardian name/email/phone number
- *Written permission for student to do yoga. Adult supervision is required for safety.
- *An indication of which session you are interested in.

_____ SESSION 1 _____ SESSION 2 _____ NO PREFERENCE