

MINDFULNESS

&

YOGA CLUB

body and breath awareness

build confidence, resilience & community

release stress & anxiety

Grades 3-6

cognitive awareness & focus

sponsored by Sangster PTA
each participant will receive a yoga mat

WEDNESDAYS AT 4:15-5:15 PM
in the gym

10/4, 10/11, 10/18, 10/25, 11/1, 11/8



🌿 guided meditation 🌿 yoga sequences 🌿 mindfulness
🌿 breathing techniques 🌿 community building

Kari Olson
3rd Grade Teacher
Certified Yoga Teacher

Instructors:



Amy MacIver
6th Grade Teacher



Yoga Teacher and
SEL Facilitator



scan QR code to register
limited to 24 participants

email sangsterptapresident@gmail.com to be waitlisted

