



Come as You Are Yoga

As a fun loving mother of three, Amy Olson, yoga practitioner & instructor, is excited to offer yoga to all middle school students in the NRSD. Inviting creativity, positivity & body awareness, yoga is a powerful tool that helps children manage stress and enhance focus through use of breath. Most of all, yoga is fun when practiced in a supportive, encouraging environment where students decompress after a hard day's work!

Luther Burbank Middle School

Tuesdays, Feb. 26 – April 23

Time: 2:30-3:30 pm **Location:** Cafeteria

Hale Middle School

Wednesdays, Feb. 27 – April 24

Time: 2:30- 3:30 pm **Location:** Library

Florence Sawyer School

Thursdays, Feb. 28 – April 25

Time: 3:15-4:15 pm **Location:** Emerson, Rm. 11

Students should:

Bring a yoga mat (a few will be provided)
Wear comfortable clothes to move in

Price per eight week session: \$90

Registration Deadline: Monday, Feb. 11

No classes during April vacation week.

No previous experience required!

To register go to www.nrsd.net and click on Extended Learning and go to Middle School Enrichments Tab. You will be invoiced on MySchoolBucks.com.

