



WELCOME TO THE YOGA CLASS AT ONEONTA!



*The class is offered to all elementary students free of charge!
The school will pick up the cost of the class for all students.*

The goal of having the Yoga class is to teach students about their bodies and how they can utilize the tools they learn during the class to:



- Build strength & flexibility
- Balance & coordination
- Stay calm & able to focus
- Re-center thoughts, feelings & actions.



Yoga teaches children how to breathe deeper & better & how they can use their energy more efficiently in order to quiet the mind. It is also a great way to exercise and teach children how to take care of themselves that will lead to a healthy life style for years to come.

Classes will be offered every morning from 8:00 - 8:30 a.m. We hope all students will take advantage of the Yoga class and be in school at 7:55 a.m. on their assigned class day, ready to start the day off with a very relaxing Yoga class. Students who are not on the daycare plan are also welcome to participate in the class.

Class Schedule starting September 23rd.

Class #5 + #8 - Mondays 8:00 - 8:30 a.m.

Class #6 + #7 - Wednesdays 8:00 - 8:30 a.m.

Class #9 - Fridays 8:00 - 8:30 a.m.

We ask that students be in school between 7:50 - 7:55 a.m., seated quietly inside Classroom #9, ready and awaiting the arrival of the Yoga instructor. Students who are not inside the classroom by 8:00 a.m. will not be allowed to enter the class, so don't be late!

Here's to a wonderful start to the new school year!

Ms Fiona