



School of Choice for Global Education

École Arbutus Global Middle School

Sept. 21, 2017

Grade 6-8 Yoga Classes (Hatha or/and Flow)

Dear Parents,

Starting on October 2, we are pleased to again offer weekly yoga classes at Arbutus Global Middle School. The classes will be taught by parent Laura Alcaraz-Sehn and will take place in the **cafeteria** after school **from 4 pm to 5 pm.**

During the class the group will learn about yoga poses and their physical and mental benefits. They will also learn how to be more patient with one's self as we introduce more challenging yoga poses. They will also explore meditation and relaxation techniques at the beginning and end of each practice. Students should bring water and comfortable clothes.

Time: from 4 pm to 5 pm on Mondays

Please sign and return the form below if you give permission for your child to join these classes. Thank you to Laura for offering this healthy and wonderful opportunity!

Rob Parker, Principal

Yoga Classes

I give permission for my child _____ to join Yoga Classes at Arbutus

Global Middle School after school from 4 pm to 5 pm on Mondays starting Oct. 2.

Parent Signature

(Please return form to Office)