

R&B YOGA

## After School Yoga Program at Rochester Elementary (In the School Library)

Walk through the imaginary jungle and learn Hatha Yoga. We use scarves, dowels, and flashcards to make the experience fun and engaging.

Your child will increase levels of:

- concentration
- flexibility
- self regulation
- social and emotional well being



Live guitar and  
drum music!

### REGISTRATION and FEES for 2014/2015

You may **register** for Yoga by phone or email to [raynaunity@gmail.com](mailto:raynaunity@gmail.com) or call 778-873-8473.

You can register for Mondays only 3:00pm to 4:00pm, Wednesdays only, or both Mondays and Wednesdays 3:00pm to 4:00pm. Please provide an after school snack for your child.

Fees apply on a \$5 per day basis payable at the beginning of each month that you choose to register.

This program is available until the end of this school term and you must register on a first come first serve basis at the beginning of each month or to reserve following months provide post dated cheques to R&B Yoga.

You must email Rayna to get a class confirmation number before your first class (limited spaces are provided for families in need of assistance to pay for this class so please discuss your options with Rayna when you register with her by email or phone).

I look forward to doing Yoga with your child!

Rayna Guevara  
Certified Yoga Teacher/Early Childhood Educator