

R&B YOGA REGISTRATION 2015/2016

AT ROCHESTER ELEMENTARY SCHOOL

Register now for your choice of these classes in School Year 2015/2016. We are ready to book you in advance to ensure you find a place in this after school yoga club during this coming school year.

Register by email or phone to Rayna Guevara at:
raynaunity@gmail.com or 778-873-8473

Please bring all payments to scheduled group classes. Other arrangements can be made with Rayna by her phone or email.

Registration is ongoing all year. Some sign up early and some sign up at last minute. Early registrations will ensure space availability.

Please note:

If you are not registered you can not attend. There are no drop in spaces. Siblings and friends are not permitted to wait in building during classes. Parents are always welcome to pop in and out discretely.

R&B YOGA CLASSES 2015/16

All groups are for all ages and all levels of yoga abilities.

Classes (after school 3pm to 4pm in the school library)

Group A \$55 "Eagles" Tuesdays beginning September 15, ending November 24

Group B \$55 "Sharks" Thursdays beginning September 17, ending November 26

Group C \$45 "Turtles" Tuesdays beginning January 12, ending March 08

Group D \$45 "Camels" Thursdays beginning January 14, ending March 10

Group E \$55 "Cobras" Tuesdays beginning April 5, ending June 14

Group F \$55 "Lions" Thursdays beginning April 7, ending June 16

You are welcome to sign up for one or more groups. One month notice prior to group beginning date required to cancel for full refund. All children in Rochester of all ages are welcome. Limited spaces available. If you need assistance to pay, please email Rayna to access limited free spaces .

Please note that there is no Yoga when there is no school. If the school is closed on a date marked on the Yoga calendar then it is up to you to remember that there is no Yoga as well.

"WALKING THROUGH THE JUNGLE"

Walk through the imaginary jungle and learn Yoga with guitar music, drums and nature sounds. Discover ways to help you focus, concentrate and develop flexibility, physical and emotional well being through this engaging Yoga program.



*Let us help you find your rhythm in Yoga.
Certified Yoga Instructor Rayna Guevara
www.rbyoga.biz*