

After School Yoga Program at  
Rochester Elementary School  
(in the library) with **R&B YOGA**



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 music!*

Mondays and Wednesdays 3:15-4:30  
10 weeks beginning April 14 to last class of June 18  
(excluding April 21, May 12, May 19 and June 2 for school closures)  
\$80 for 10 weeks for Mondays and Wednesdays.  
\$30 for Mondays only. \$50 for Wednesdays only.  
Please pay by cash or cheque payable to R&B Yoga and return with the Rochester after school activity child information card to the office.  
Limited space of 15 children per class.

I look forward to doing YOGA with your child!

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Certified Yoga Teacher  
Certified Early Childhood Educator

