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

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!

Rayna Guevara
www.rbyoga.biz
raynaunity@gmail.com
Certified Yoga Teacher
Certified Early Childhood Educator