



Yoga at Guadalupe

Physical Benefits

- ✦ Increased strength
- ✦ More flexibility
- ✦ Better coordination

Emotional Benefits

- ✦ Better self-awareness
- ✦ Higher self-esteem
- ✦ More confidence

Come and play yoga with us **every Tuesday after school**. Our fun and joyful practice will tap into each child's unique abilities while teaching the students how to create and maintain healthy lifelong habits. Experience the transformative power of yoga!

Open to all 1st-5th grade students
10-week session: Jan.16 – March 27, 2018

When: Tuesday 2:50 pm - 3:50 pm

On March 13 at 1:10 pm - 2:10 pm

Where: In the Cafeteria

Yoga Mats Provided

This is not a Union District sponsored event

Mental Benefits

- ✦ Greater focus
- ✦ Better concentration
- ✦ Calmer and more relaxed mind

Social Benefits

- ✦ Being kind
- ✦ Being considerate
- ✦ Being respectful of each other's abilities and differences

Cost: \$135 per student and \$120 for a sibling.

Please send the form and a check to Nelly Kavaldjiev at 5645 Begonia Dr. San Jose, CA 95124, or use PayPal nelly.kavaldjiev@gmail.com. For more information call 408 930 9087

The yoga instructor Nelly Kavaldjiev is a certified kids yoga teacher and Yoga Alliance 500 RYT, working with children and adults. She also works individually with kids with special needs.

Student Name: _____ Guadalupe Grade: _____

Parent Name(s): _____ Phone: _____

Email (required): _____

Emergency contact: _____ Phone: _____