

Kids Yoga Class at Bells Mill!!

Calling all 3rd, 4th and 5th grade budding yogis!



Kids get enormous benefit from yoga – increased strength and flexibility while improving concentration and enjoying a sense of calmness. In a fun and playful environment, class will include age appropriate yoga poses and games.

Kids Yoga will be taught by Bells Mill mom, Laura Simon. She is a Yoga Alliance Registered Teacher and has a Kid’s Yoga Certificate from Budding Yogis.

Class will run on Fridays from September 17th to November 16th, 3:30 to 4:30. Cost for the session is \$70. Any questions, please contact Laura Simon at Lsimon001@yahoo.com or 301.983.4981.

Please fill out the registration and make check payable to “Bells Mill PTA”. Bring to school in envelope marked “PTA – care of Laura Simon”. Deadline Sept. 8th!

Student Name _____

Grade _____

Parent(s) Name _____

Email _____

Home phone _____

Cell _____

Work phone _____

