

ARNO ELEMENTARY SCHOOL BEFORE SCHOOL YOGA



BEGINNING
JANUARY 17TH

WHO: ALL STUDENTS GRADE K-5 ARE WELCOME!

WHEN: 8:10-8:25 A.M. EVERY THURSDAY

WHERE: THE ARNO ELEMENTARY SCHOOL GYM

PLEASE ENTER THROUGH THE MAIN OFFICE DOORS

WHY: YOGA AT AN EARLY AGE ENCOURAGES SELF-ESTEEM AND BODY AWARENESS. FOSTERING COOPERATION AND COMPASSION IS A GREAT GIFT TO GIVE OUR CHILDREN. CHILDREN DERIVE ENORMOUS BENEFITS FROM YOGA. PHYSICALLY, IT ENHANCES THEIR FLEXIBILITY, STRENGTH, COORDINATION, AND BODY AWARENESS. IN ADDITION, THEIR CONCENTRATION AND SENSE OF CALMNESS AND RELAXATION IMPROVES.

HAVE QUESTIONS?

CONTACT

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