

# Namaste Knights



## About

There are endless benefits to yoga and this 12 week course is an opportunity for students to stretch, laugh, be mindful, be dedicated, exercise, meditate, to notice, to let go, to connect. Yoga is a lifelong journey inward and what an amazing opportunity to begin this practice at a young age! In this class, Kelley Friedman, certified yoga teacher and teacher at Mason Prep, will lead the students in learning creative yoga sequences, guided meditations and inspirational lessons that align with the principles of the practice of yoga. This class will provide students a way to let go of the stress of their day and connect to the importance of health, wellness and mindfulness in a fun way! It is a judgement free zone where no previous yoga experience is necessary!

## The Details

- 12 week course
- Mondays 3:15-4:00 First through Eighth Graders
- Students will be asked to provide their own mat

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- Email me with any questions at [friedmank@masonprep.org](mailto:friedmank@masonprep.org)

Child's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Please Circle whether child will be picked up at

Bull Street   or   Extended Care   at 4:00

Parent's Phone \_\_\_\_\_

Parent's email \_\_\_\_\_

Please make a check out for \$140 for the 12 week class to Kelley Friedman