



# Stillmeadow Afterschool Yoga for K -2

Thursdays 2:50 to 3:50

Dates: April 19 to June 7

8 week session for \$80

With Jill Lostaglio

Yoga is for everyone even kids. This class will be a fun, creative and non-competitive environment to enjoy the practice of yoga, which will consist of yoga postures, breathing techniques, age appropriate games and relaxation. Children should wear comfortable clothes and bring a large towel or yoga mat. Please make the checks payable to Jill Lostaglio (no refunds). A minimum of 6 is required to have class and max of 12. Any questions please call 203-561-9357 or email [jlostaglio@yahoo.com](mailto:jlostaglio@yahoo.com).

Please fill out below and return with check to register or email [jlostaglio@yahoo.com](mailto:jlostaglio@yahoo.com) to register.

Child's name: \_\_\_\_\_

Parent info (phone /email) \_\_\_\_\_

Classroom: \_\_\_\_\_