



Stillmeadow Afterschool Yoga for K -2

Thursdays 2:50 to 3:50

Dates: January 4 to March 29
(no classes, February 15, March 8, and March 15)

10 week session for \$100

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.

Please fill out below and return to register:

Child's name: _____

Parent info (phone /email) _____

Classroom: _____