



Interested in Yoga Club?

Some Benefits of Yoga Include:

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1. Helps with Self-Control
 2. Reduces Stress and Anxiety
 3. Improves Focus and Attention Span
 4. Trains Fine and Gross Motor Skills
 5. Builds Strength and Flexibility
 6. Teaches How To Regulate Emotions
 7. Benefits Health
 8. Impacts Relationship with Parents
 9. Boosts Self Esteem and Confidence
 10. Better Sleep


Sacred Heart School Yoga Club

Thursday Afternoons 2:45 - 3:30

Offering for Grades 3 – 8

Beginning:

November 16, 2023



If you are interested in participating please fill out the form below and return to:
Ellen Gerran 3A



Name & Grade: _____