

OES Yoga Club

Oasis Elementary's K-2 Yoga Club is for kindergarten, first and second grade students who want to learn how to reduce stress, improve concentration, balance, and flexibility.

ALL STUDENTS MUST BRING COMFORTABLE CLOTHES AND A YOGA MAT.

If your child is interested, please fill out the application at:
<https://goo.gl/forms/Ui09DGjKNqS2Tlyk1>

Deadline to sign up for the club is Friday March 1st, 2019.
Space is limited.

The club will meet from 3:30 pm-4:30 pm on the following
Mondays:
3/11, 3/25, 4/1, 4/8, 4/15

***Jason Bowman will be our staff club sponsor, assisted by a parent volunteer with experience in teaching yoga.
2018-2019***