



## Marshdale Yoga Club with Julie Noyle MS, RD, RYT

Wednesdays 2:35-4:00pm

*TWO 5-week sessions:*

*Session 1: February 12 - March 12*

*Session 2: April 2 - April 30*

*\$75 registration for each session*

This class is intended for children ages kinder and up (*as long as they can focus for an hour!*) This class is designed to teach children the foundations of yoga while gaining important mental and physical health benefits. Class will include guided breathing, individual practice, as well as partner poses. Students should wear comfortable clothing and bring their own yoga mat. Come join the fun while learning healthy habits!

**Please fill out the section below, take a picture, and email to: [jsroach@gmail.com](mailto:jsroach@gmail.com) (or simply email the information).**

Please send payment through venmo (see QR code below; last 4 digits: 5273) or check (made out to Julie Noyle and returned to the office) to reserve your spots(s)!

| Child's Name | Age/ Grade | Parent's Email and Phone Number | Session 1 | Session 2 |
|--------------|------------|---------------------------------|-----------|-----------|
|              |            |                                 |           |           |
|              |            |                                 |           |           |
|              |            |                                 |           |           |

I sent money via venmo.

**Julie Noyle**

@Julie-Noyle

I sent a check.

