

*St. Thomas Aquinas Catholic School Beyond the Bell*



## Yoga for Girls Grades 4-8

Learn to use breathing and yoga poses to connect with your inner peace and to manage stress. No experience necessary!

Six Mondays from January 25<sup>th</sup> - March 8<sup>th</sup> (No class February 15<sup>th</sup>)  
If you are a VIRTUS trained parent who is considering volunteering to chaperone - come to the class and participate free while clocking your volunteer hours!

Monday: Jan. 25<sup>th</sup>, Feb. 1<sup>st</sup>, Feb. 8<sup>th</sup>, Feb. 22, March 1<sup>st</sup>, March 8<sup>th</sup>  
2:15 - 3:15pm

\$72 for all six sessions

5 participants' minimum, 25 maximum

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Please complete the following information, make your check payable to St. Thomas HSA, and return in an envelope marked Beyond the Bell Yoga Class.

In addition, complete the following forms located under "Forms" on the school website:

Beyond the Bell Permission Form and Beyond the Bell Emergency Contact Information Form

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Name: \_\_\_\_\_

Grade/Class: \_\_\_\_\_

Confirmation will be sent by email, please provide email of parent or guardian:

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Any questions contact Trish Donelan [tdonelan@optonline.net](mailto:tdonelan@optonline.net) or 203-259-4188