



**SEASON ONE
REGISTRATION
NOW OPEN!**

Before-School Yoga & Mindfulness Program
www.namastetodaysandiego.com

The mission of Namaste Today is to provide a safe space for children in San Diego schools in which they are able to breathe, bend, balance, and become focused.

Who: This program is available to Village Elementary students, First Grade to Fifth Grade.

Instructor: Kelly Roberson

(Before- and After-School Activity Enthusiast | Avid Yoga Practitioner | World Traveler)

Schedule:

Time	Activity
7:00 – 7:10	We Breathe
7:10 – 7:25	We Bend
7:25 – 7:45	We Balance
7:45 – 8:00	We Become Focused



Season One Info:

Start Date: *Tuesday, September 5th 2017*

Last Day of Class: *Tuesday, November 14th 2017*



When:

Tuesday Mornings from 7 a.m. to 8 a.m.

Where:

Classes will be located in the P.E. Room. Behind the stage.

What is the Cost of this wonderful program and how do I sign my kiddos up for the first season?

\$12 / session x 11 Sessions = \$132

Parents can register online at:
<http://www.NamasteTodaySanDiego.com> (Click on: Register for a Program).

**Please forward any questions to Emily Brehmer at namastetodaysandiego@gmail.com.*