



Parkway School Presents . . . **Virtual Family Yoga!**

WHO: Grades K-5 students and parents who want to learn and do yoga together. **(We have limited space; families will be enrolled on a first come, first serve basis)**

Facilitator: Ms. Warchola (RYT 200 and certified Kids Yoga Teacher)

WHAT: Each family yoga class focuses on a variety of breathing techniques, posture poses, partner poses, and games. Learn relaxation techniques and enjoy savasana (resting period) at the end of class. Family yoga is 1 hour long, requires no experience, and is appropriate for all ages and abilities.

WHEN: 4:30-5:30 pm for 5 weeks. Please select a session that best fits your schedule. I would love for you to be able to attend each class.

SESSION 1 (Mondays)

February 1st
February 8th
February 22nd
March 1st
March 8th

SESSION 2 (Thursdays)

March 18th
March 25th
April 8th
April 15th
April 22nd

SESSION 3 (Mondays)

April 26th
May 3rd
May 10th
May 17th
May 24th

WHERE: Google Meet. A Google Classroom invite with meeting links will be shared after you sign up for a session.

WHY: Family yoga is a wonderful opportunity for family bonding time while doing something healthy and fun.

If you are interested in virtual family yoga please visit the “Sign Up Genius” link below to sign up for a session. Please sign by Wednesday, January 27, 2021

Sign Up Genius Link: <https://www.signupgenius.com/go/5080948A4A828A2F85-virtual1>