



PS34 Oliver H. Perry

Elementary School

131 Norman Avenue, Brooklyn, NY 11222

Phone: (718) 389-5842 Fax: (718) 389-0356 www.PS34.org

Carmen Asselta, *Principal* Alain Beugoms, *Assistant Principal*



Yoga for People Who Think they can't do Yoga!

With Instructor Gigi Matthews

(yogaforpeoplewhothinktheycantdoyoga.com)

Three Free sessions available at PS 34

➤ November 22

(First Session, November 22, is part of the *Coffee Time with the Parent Coordinator*)

➤ December 13

➤ January 17

Time: 8:45 am

Place: Kindergarten Cafeteria

These yoga sessions are designed to assist with everyday life; to energize in the morning and start the day positively, counteract the effects of sitting at a desk, destress, wind down before sleep and other daily challenges. It isn't a fitness class, no mats required, but it is toning and good for the body and mind!

Mark your calendar and please return this portion to your child's teacher by November 21 if you would like to attend the Yoga session on November 22. (Walk-ins also welcome)

Yes I will attend. Parent /Guardian Name: _____

Phone: _____ E:mail: _____

Child's Name _____ Class: _____

For questions and to RSVP via email, contact Ms. Deise Kowalski, Parent Coordinator at

Dkowalski@schools.nyc.gov or call 718 389-5842.

