

NYC Department of Education
Community School District 26 & Community Education Council 26

An Autumn Parent Workshop Series

YOGA

With Irene Failenbogen



*Increase your balance, strength, and flexibility.
Learn challenging poses as we breathe our way to relaxation.
Parents with all levels of experience are welcome!*

Mondays at PS 376
Oct. 21st, 28th, Nov. 4th, 18th and 25th
9:00 AM to 10:30 AM
210-21 48th Avenue in Bayside

PLEASE BRING A YOGA MAT IF YOU HAVE ONE!

PLEASE REGISTER TO ENSURE ADEQUATE SPACE FOR ALL.

To register and for more information please contact the District 26 Family Coordinators:
Kim D'Angelo at 718.631.6905 or kdangelo4@schools.nyc.gov
Wendy Mo at 718.631.6966 or wmo@schools.nyc.gov

To find out about other District 26 events visit the *Family Engagement* page at www.district26.org.