

NYC Department of Education
A School District 26 & CDEC 26 Parent Workshop Series

YOGA

An Autumn Parent Workshop Series



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

Please join us!

**Morning and evening dates to accommodate all schedules.
Come to one class or come to all!**

*Thursday, September 28th, 7:00 PM - 9:00 PM at PS 186
Thursday, October 12th, 9:00 AM - 10:30 AM at PS 376
Wednesday, October 25th, 7:00 PM - 8:30 PM at PS 186
Thursday, November 9th, 9:00 AM - 10:30 AM at PS 376
Tuesday, November 28th, 7:00 PM - 8:30 PM at PS 186
Thursday, December 7th, 9:00 AM - 10:30 AM at PS 376
Thursday, December 21st, 7:00 PM - 8:30 PM at PS 186*

*PS 186 is located at 252-12 72nd Avenue in Bellerose.
PS 376 is located at 210-21 48th Avenue in Bayside.*

PLEASE REMEMBER TO BRING A YOGA MAT IF YOU HAVE ONE!

This workshop is co-sponsored by the District 26 Superintendent and Community District Education Council 26 (CDEC 26).

REGISTRATION IS NECESSARY TO ENSURE ADEQUATE SPACE FOR ALL!

To register and for more information please contact District 26 Family Coordinators Lori Butera (718-631-6841 or lbutera@schools.nyc.gov) or Kim D'Angelo (718-631-6944 or kdangelo4@schools.nyc.gov)