



Yoga Club

w/ Gina Davis

**Fall Session
Nov 12–Dec 17**

(No class Nov 26)

Tuesdays
2:20 – 3:10 in
room **D7.**

Yoga poses

Group games

Mindfulness &
relaxation
techniques

Music, Dancing,
& Story telling

Breathing
exercises

**\$50 for the
five week
session**

Yoga club at Valley View Charter Montessori

Sponsored by VVCM PTO

Enroll via email:

gchip83@gmail.com

