

MORNING YOGA Grades 2-5

Erin Lynch, Registered Yoga Teacher

Starts Tuesday, March 5 for 6 weeks

Kid's Yoga is a fun and effective way to teach kids to be active, relieve stress, and think in positive ways. Children explore the journey on the mat through fun activities that guide them through breathing exercises and teach them the fun postures of yoga. Erin combines fundamental postures of yoga through proper alignment, breath work, slow conscious movement, and a sprinkle of fun, hoping each student gains a deeper awareness of themselves! All you need is water! Mats are provided but feel free to bring your own if you want!

Teacher Erin Lynch is a 500 hr. Registered Yoga Teacher who has been practicing and teaching yoga since discovering its benefits in 2001. She has her Master's degree in Public Health with a focus in Health Promotion and Behavioral Analysis and has trained over the years in an eclectic blend of yoga disciples, including Ashtanga, Lyengar, Anusara, Gentle and Restorative Yoga, Prenatal and Postnatal Yoga, and Kid's Yoga. When she's not on the yoga mat she enjoys cooking, farmer's markets, climbing, trail runs, and playing in nature with her two little ones! She lives with her husband and two children in Harvard.

Tuesdays, March 5, 12, 19, 25, April 2, 9, 2019 6 weeks
7:40-8:40 a.m. Maximum: 12 students
HES Room TBD Fee: \$120

Class size is limited. Registration is on a first-come first served basis .

REFUND POLICY: Tuition is non-refundable. Check will be returned only if a class is cancelled.

Please know that it is the policy of the Harvard Public Schools not to discriminate on the basis of race, color, sex, gender identity, religion, national origin, age, disability, or sexual orientation in its educational programs, activities or employment policies as required by Title IX of the 1972 Educational Amendments, Chapter 199, and Section 504 of the Rehabilitation Act of 1973. The district compliance coordinator is Marie Harrington, Director of Pupil Services, 978-456-4143.

Harvard Community Education, 39 Massachusetts Ave., Harvard, MA 01451
978-456-4118 jcvanaugh@psharvard.org



SPECTRUM REGISTRATION FORM - Morning YOGA

Use this form or register online at www.psharvard.org

Name _____ Grade/Teacher _____

Allergies _____

Address _____ BUS# _____

Home Phone _____ CELL# _____

e-mail _____

Parent Name _____

Emergency Contact & phone _____

(Other than parent, in case parent cannot be reached)

Make check payable to: **Town of Harvard**, 39 Mass. Ave., Harvard, MA 01451

*Non Residents (does not include School Choice) please add \$10 non-resident fee

Or pay online at www.psharvard.org Online Payment Center. If paying online, email the Payment Confirmation to jcvanaugh@psharvard.org.

Students are placed on the roster once both registration and payment are received.

I, the undersigned, attest I am the parent or legal guardian of the above named child who attends the Community Education/SPECTRUM program and agree to allow him/her to participate in the above listed SPECTRUM class. I further agree to indemnify and hold harmless the staff, administrators, and official assistants and to absolve them from any and all liability arising from my child's participation in this activity.

I have read and am fully aware of the policies (ie. late pick up, refunds etc.) of Harvard Community Education and the SPECTRUM Program.

PARENT/GUARDIAN SIGNATURE

DATE

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