

NYC Department of Education  
Community School District 26 & CDEC 26 Parent Workshop

# FAMILY YOGA

with Irene Failenbogen



*Join us for a parent/child yoga workshop on a day off from school!*

*Strengthen family bonds as we breathe our way to relaxation.  
All levels of experience are welcome!*

Thursday, June 7<sup>th</sup>

10:30 AM to 12:00 PM

At PS 133 (248-05 86<sup>th</sup> Avenue in Bellerose)

**PLEASE BRING A YOGA MAT IF YOU HAVE ONE!**

**SCHOOL AGE CHILDREN (PRE-K AND OLDER) ONLY, PLEASE.**

Light refreshments will be served.

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  
Kimberly D'Angelo, District 26 Family Coordinator at 718-631-6905 or [kdangelo4@schools.nyc.gov](mailto:kdangelo4@schools.nyc.gov)