

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

YOGA

A Spring Parent Workshop Series



*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, May 7th, 14th, and 21st

*9 AM to 10:30 AM at PS 376
210-21 48th Avenue in Bayside*

PLEASE 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
Kimberly D'Angelo, District 26 Family Coordinator at 718-631-6905 or kdangelo4@schools.nyc.gov