

# Family Yoga at Deerfield School

Come explore yoga with your family!

**Date:** January 24, 2019

**Time:** two sessions, 6:00-7:00 PM and 7:00-8:00 PM

**Location:** Deerfield Gym

First come, first served! Each time slot is limited to the first 15 families that sign up.

**What is Family Yoga?** It's like no other yoga class you've ever been to! Move together mindfully, while working on flexibility, stability, and steady breathing. Family Yoga is a wonderful opportunity to promote wellness and strengthen the bond between you and your family members.

**What Can I Expect?** Lots of movement, laughter, and fun. After warming up with some breathing exercises, we'll stretch our bodies and minds with Sun Salutations for all levels, partner poses, group poses, fun yoga games, and an easy art project. We'll end with a calming visualization. Class will be taught by Tracy Affonso, a former elementary school teacher and Deerfield's yoga and mindfulness instructor.

# Family Yoga at Deerfield School

**Come explore yoga with your family!**



**Date:** Thursday, January 24th

**Time:** Session 1: 6:00pm - 7:00pm and Session 2: 7:00pm - 8:00pm

**Location:** Deerfield Gymnasium

**Instructor:** Tracy Affonso

## What is Family Yoga?

It's like no other yoga class you've ever been to! Move together mindfully, while working on flexibility, stability, and steady breathing. Family Yoga is a wonderful opportunity to promote wellness and strengthen the bond between you and your family members.

## What Can I Expect?

Lots of movement, laughter, and fun. After warming up with some breathing exercises, we'll stretch our bodies and minds with Sun Salutations for all levels, partner poses, group poses, fun yoga games, and an easy art project. We'll end with a calming visualization. Class will be taught by Tracy Affonso, a former elementary school teacher and Deerfield's yoga and mindfulness instructor.

## How do I sign up?

If you are interested in participating in Deerfield's Family Yoga Night, please go to the Deerfield's Principal's Message and Announcements on the Deerfield website and click on the Week of January 7 Announcements. There is a link for the sign up there.

Unfortunately, Tracy Affonso is only able to accommodate 15 families per yoga session. If more than 15 families sign up, then we will have a lottery to determine the participants for each session.

Please let Mr. Baumer, Mrs. Hardy, or Mrs. Mangiacotti know if you have any questions.

