

Kid Yoga with Traci

What?

Kids get to practice a wide range of yoga poses, play non-competitive games, and experience relaxation and stillness.

Who?

Boys and girls, K-6, of all athletic abilities and degrees of flexibility.

Why?

Yoga is a fun way for your child to cultivate: strength, flexibility, focus, self-discipline, and emotional balance.



WHEN & WHERE? LANIKAI ELEMENTARY SCHOOL

FULL HOUR OF YOGA

AFTER SCHOOL MONDAYS 2:15PM – 3:15PM

Quarter 1 dates: Aug 10, 17, 24, 31 • Sept 14, 21, 28

Quarter 2 dates: Oct 19 • Nov 2, 9, 16, 23, 30 • Dec 7, 14

To learn about Ola Loa Wellness offerings for the entire family or for more info about instructors Traci and Skya, visit www.OlaLoaWellness.com

Questions? Email traci@potterf.com or call: 377-6320



---< DETACH HERE ---

Please detach & mail with check (payable to Traci Potterf) to the following address by Saturday, August 8th: 1453 Aalapapa Drive, Kailua, HI 96734

LANIKAI ELEMENTARY AFTER SCHOOL YOGA REGISTRATION

Student Name _____ Grade _____ Teacher _____

Parent Name(s) _____ Parent Phone Number(s) _____

Email _____ Is your child in after care? Yes _____ No _____

QUARTER 1: 7 CLASSES, \$12/CLASS = \$84

QUARTERS 1&2: 15 CLASSES = \$156 (TWO CLASSES FREE!)

TOTAL ENCLOSED \$ _____

(Cost includes equipment and materials.)

Ola Loa Wellness

