



COMING
2024-2025

PIRATE YOGA CLUB

Learn the basics of stretching, yoga poses, meditation, and healthy eating. Opportunities to teach teachers and others.

BENEFITS OF YOGA



- Helps cultivate self-control
- Manage Stress
- Important for brain development
- Improves focus and academic performance
- Improves self-esteem, confidence, and body image
- Improves fitness and physical health
- Improves focus and academic performance
- Reduces stress and anxiety
- Improves muscle strength
- Improves flexibility

MRS. MCGUIRE

Certified 200 RYT Yoga Instructor
First Meeting Aug 19th, 2024
Room B-206 or TBD

