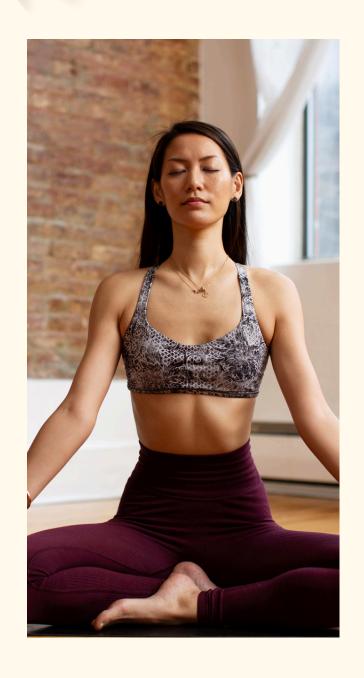


## PIRATE YOGA CLUB

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 selfesteem, 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

