

<b>Yoga Club</b>	
Advisor:	Sarah Musto
Contact:	<a href="mailto:smusto@clearviewregional.edu">smusto@clearviewregional.edu</a>
Time Period:	January - June 2020
Meeting Times:	2:30-3:15 weekly (dates will be posted)
Membership Requirements:	7th or 8th grade students with permission slip
Activity Description:	The purpose of Yoga Club is to cultivate self-awareness and connection in our school community. Together, students will explore yoga poses & breathing techniques, build strength & balance, and experience focus & stillness in a new way. Yoga Club will facilitate a space for students to learn how to treat themselves and others with acceptance and kindness. What is practiced and learned during Yoga Club, students can take off the mat and into their daily lives.
Activities:	Yoga poses; mindfulness practice & community building