



YOGA FOR KIDS With Nathalie



**CALM - FOCUS - BREATH - FLEXIBILITY - BALANCE -
- STRENGTH - MOBILITY - MEDITATION -**

Schedule EXAMPLE A

8:40am to 9:10am Div. 17-18
9:10am to 9:40am - Div. 15-16
9:40am to 10:10am - Div. 13-14
recess
10:30am to 11:00 am- Div. 11-12
11:00am to 11:30am - Div. 9-10
Lunch
12:25am to 12:55 - Div. 7-8
12:55pm to 1:25pm - Div. 5-6
1:25pm to 1:55pm - Div. 3-4
1:55 to 2:25pm - Div. 1-2

\$450 per day

Schedule EXAMPLE B

DAY 1

8:40am to 9:10am Div. 25-26
9:10am to 9:40am - Div. 23-24
9:40am to 10:10am - Div. 21-22
recess
10:30am to 11:00 am- Div. 19-20
11:00am to 11:30am - Div. 17-18
Lunch
12:25am to 12:55 - Div. 15-16

DAY 2

8:40am to 9:10am Div. 13-14
9:10am to 9:40am - Div. 11-12
9:40am to 10:10am - Div. 9-10
recess
10:30am to 11:00 am- Div. 7-8
11:00am to 11:30am - Div. 5-6
Lunch
12:25am to 12:55 - Div. 3-4
12:55pm to 1:25pm - Div. 1-2

\$650 for 2 days

**K to gr. 7
\$50 per class
(30 minutes)**

maximum 50 kids per class (2 division) - up to 9 classes per day
*yoga mat not included - can use the school's gym mats.

Help Reduce Foggy Mind Anxiety & Depression



YOGA IN HIGH SCHOOLS



- Calm - Focus - Breathing techniques -
- Flexibility - Balance - Strength -
- Mobility - Meditation -

Schedule EXAMPLE A

8:20am to 8:55am Period 1A
9:00am to 9:35am Period 1B
9:45 to 10:20 - Period 2A
10:25 to 11:00am Period 2B
Lunch
11:50pm to 12:25pm - Period 3A
12:30pm to 1:05pm - Period 3B
1:15pm to 1:50pm - Period 4A
1:55 to 2:30pm - Period 4B

\$480
per day

Schedule EXAMPLE B

8:30am to 9:05am Block 1A
9:10am to 9:45am Block 1B
9:55 to 10:30 - Block 2A
10:35 to 11:10am Block 2B
Lunch
12:05pm to 12:40pm - Block 3A
12:45pm to 1:20pm - Block 3B
1:30pm to 2:05pm - Block 4A
2:10 to 2:45pm - Block 4B

\$480
per day

Schedule EXAMPLE C

8:35am to 9:10am Period 1A
9:15am to 9:50am Period 1B
10:00 to 10:35 - Period 2A
10:40 to 11:15am Block 2B
Lunch
12:05pm to 12:40pm - Block 3A
12:45pm to 1:20pm - Block 3B
1:30pm to 2:05pm - Block 4A
2:10 to 2:45pm - Block 4B

\$480
per day

Schedule EXAMPLE D

8:00am to 8:35-am Block 1A
8:40am to 9:15am Block 1B
9:25am to 10:00am Block 2A
10:05 to 10:40am Block 2B
Lunch
11:30am to 12:05pm - Block 3A
12:10pm to 12:45pm - Block 3B
12:55pm to 1:30pm - Block 4A
1:35 to 2:10pm - Block 4B
2:20 to 2:55pm - Block 5A
3:00pm to 3:35pm - Block 5B

\$600
per day

\$60 per class (35 minutes) - Max 50 people per class - Up to 10 classes per day

*Yoga Mats not included - need to be provided by the school.

CONTACT NATHALIE 778-899-0260 nathalie@dnalifecoaching.com

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