

Attention Teachers and Staff

More than ever, your *well-being* matters. You have worked tirelessly during our pandemic to give our children the most normal experiences possible full of care and empathy. Now it's your turn. Thanks to CDC Supplemental Funds, the Newark Board of Education is excited to partner with Newark Yoga Movement to offer free virtual yoga sessions. The sessions offer self-regulation tools and tips and benefits for everyone and are intended to help relieve the stress, anxiety, and trauma that have been heightened by the pandemic.

Yoga Series:

Classes, hosted virtually by Newark Yoga Movement, will be offered twice a month through June. Breathing techniques, gentle movement and relaxation are included in each 45-minute class. No prior experience needed to participate as everybody and every "body" can breathe.

Get Started:

On class day, please wear comfortable clothes and have a yoga mat or towel to sit on. If you'd rather sit in a chair, that will be accommodated as well. **Register through Whetstone for the sessions you would like to attend using the links below:**

Tuesday, January 25, 4:30 – 5:15 PM	Click Here to Register
Thursday, January 27, 4:30 – 5:15 PM	Click Here to Register
Tuesday, February 22, 4:30 – 5:15 PM	Click Here to Register
Thursday, February 24, 4:30 – 5:15 PM	Click Here to Register
Tuesday, March 29, 4:30 – 5:15 PM	Click Here to Register
Thursday, March 31, 4:30 – 5:15 PM	Click Here to Register
Tuesday, April 26, 4:30 – 5:15 PM	Click Here to Register
Thursday, April 28, 4:30 – 5:15 PM	Click Here to Register
Tuesday, May 24, 4:30 – 5:15 PM	Click Here to Register
Thursday, May 26, 4:30 – 5:15 PM	Click Here to Register
Tuesday, June 14, 4:30 – 5:15 PM	Click Here to Register
Thursday, June 16, 4:30 – 5:15 PM	Click Here to Register

