



## Attention Teachers & Staff

### Free Yoga

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, March 29, 5:30 – 6:15 PM

[Click Here to Register](#)

Saturday, April 2, 8:00 – 8:45 AM

[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](#)

