



## ATTENTION TEACHERS & STAFF

### FREE VIRTUAL YOGA

Thanks to grant funding, the Newark Board of Education has partnered with Newark Yoga Movement to offer free yoga classes twice a month starting in October through June 2023. Breathing techniques, gentle movement and relaxation are included in each 45-minute class. No prior experience needed to participate.

**Attend 4 yoga sessions & receive a free yoga mat!**

*\*While supplies last.*

#### 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 for yoga classes by clicking on the date you would like to attend!

Tuesday, October 25, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, October 27, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, November 15, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, November 17, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, December 20, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, December 22, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, January 24, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, January 26, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, February 21, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, February 23, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, March 28, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, March 30, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, April 25, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, April 27, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, May 23, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, May 25, 5:30 – 6:15 PM

[Click Here to Register](#)

Tuesday, June 13, 5:30 – 6:15 PM

[Click Here to Register](#)

Thursday, June 15, 5:30 – 6:15 PM

[Click Here to Register](#)

