



ST. MARTIN'S *-in-the-field*
EPISCOPAL SCHOOL

CONFIDENCE | COMPASSION | CHARACTER

Yoga Club

With our very own Mrs. Bacot, St. Martin's 2nd Grade Teacher

2 Options:

- Kindergarten – 8th Grade: Tuesdays, September 29, October 6, 13, 20, 27, November 3 (3:45 – 4:45)
 - \$100 + \$30 Supply Fee = \$130 total for six classes
- Kindergarten – 8th Grade: *Thursdays, October 1, 15, November 5, 12 (3:45 – 4:45)
 - *Please note this is for 4 classes only.
 - \$70 + \$30 Supply Fee = \$100 total *This is the cost for 4 classes



We're excited to offer Yoga Club this fall for our students in grades K-8, hosted by Mrs. Bacot, St. Martin's 2nd Grade Teacher. 🧘 This is a perfect opportunity for students to unwind, stretch, and learn calming techniques after a busy day. Students will practice breathing techniques, relaxation, and mindfulness, while also learning the names of yoga poses in their original Sanskrit. Mats are available; however, children feel such pride and ownership when they bring their own mat! A class T-shirt and yoga mat spray are provided, and each session will end with a delicious treat!



Please register by Thursday, September 24th @ 6 PM via our website: <https://stmartinsmd.org/community/clubs-activities/>