



The purpose of **yoga** is to create strength, awareness and harmony in both the mind and body. Yoga can improve flexibility, build muscle strength, decrease blood pressure, increase happiness, and improve focus. For youth athletes yoga has been proven to open up the tight areas that hinder performance, improve range of motion and develop mental focus and concentration as well as prevent injury.

My name is Brendan McGuire and I am an alum of the Class of 2013. I would like to share with you my journey: I am a lacrosse goalie for both my high school, Providence Catholic, as well as my travel team, True Lacrosse. While on the east coast for a tournament a year and a half ago, I had the opportunity to speak with a college goalie. He stressed the importance of beginning a yoga routine in order to round out my skill and improve my concentration. I began my practice of yoga and could not believe the immediate benefits to my school work, lacrosse skill as well as my stress level. This past summer I made the decision to further my commitment by becoming a yoga instructor. I feel that my practice has been a positive influence in all facets of my academic, athletic and personal life.

For anyone interested in yoga, the sessions will be held:

February 22: 6:15 pm – 7:15 pm Introductory Class FREE !

February 29: 6:15 pm – 7:15 pm School Pod

March 7: 6:15 pm – 7:15 pm School Pod

March 21: 6:15 pm – 7:15 pm School Pod

The cost is \$5.00 per person or \$15.00 per family/ per class**

**Students 5th grade through 8th grade may attend without a parent

**Students Preschool through 4th grade must have a participating parent in attendance

Sign up for any or all depending on the fit of your schedule!

Classes will be taught by
Brendan McGuire, St. Al/ St. Pat's Class of 2013
RYT 200, CPR certified
Any questions please call 630-600-7610

Family Name: _____

Name/Grade of those Attending:

1. _____
2. _____
3. _____
4. _____
5. _____

Number of People Attending on:

February 22: 4:30pm-5:30 pm _____
February 29: 6:15 pm – 7:15 pm _____
March 7: 6:15 pm – 7:15 pm _____
March 21: 6:15 pm – 7:15 pm _____

Please return your form to the office no later than February 19, 2016.