

# *St. Joseph School*

## **Extended Day Program Session 2**

**Jan. 22nd-April 10th**

*Tuesday  
Wednesday  
2:45-3:45pm*



All information and registration available on the  
school website.

<http://www.sjsbatavia.org/>

**Tuesday:** Yoga \$110

Grades K-5th

Instructor Josselyn Borowiec will work with students in the gym. Students in K-5 will meet in the gym to learn the ancient art & Science of yoga. This is a great opportunity to achieve better balance, greater flexibility, increase cognitive functioning, learn to self-sooth and achieve a more positive outlook. This class will help with your child's self-esteem and communication skills. But most of all, it's fun. Wear comfy clothes, bring a water bottle & a mat. Healthy snacks are included!

**No Class Feb. 19th**