

Woodstock Recreation Department Presents



**3<sup>rd</sup> and 4<sup>th</sup> Grade After School Yoga**

*With Instructor Jennifer Brouillard 200hr RYT*

Wednesdays from 3:30 to 4:30 pm in the WES Front Lobby.

Each session is 4 weeks long

Cost is \$36 per session

Session I 2/27 – 3/20: \_\_\_\_\_ (make up class in case of a snow day is 3/27)

Session II 4/3 – 5/1: \_\_\_\_\_ (make up class in case of a snow day is 5/8) **NO CLASS 4/17**

*In this class we will focus on the breath, releasing our worries, compassion for ourselves and others, listening to and respecting our bodies, as well as will be introduced to new yoga poses each week that will aid in strengthening and lengthening their bodies. Guided meditation and processing through writing or drawing (student’s choice) will be incorporated. Each student will receive a journal that they will take home at the end of the 4-week session.*

**Class is limited to 12 students on a first come first served basis.**

Name: \_\_\_\_\_ Grade: \_\_\_\_ Teacher: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Email: \_\_\_\_\_

I, \_\_\_\_\_, parent/guardian grant permission for my child to participate in the after-school Kids Yoga program sponsored by the Woodstock Recreation Commission. I understand there are certain risks of injury while participating in physical fitness programs including yoga and I agree to assume those risks on behalf of my child. I hereby agree that I will not hold the Town of Woodstock, Woodstock Elementary School and/or the Woodstock Recreation Commission including its representatives liable for any injury sustained by my child while participating in the after-school Kids Yoga program sponsored by the Woodstock Recreation Commission. I also understand that there are no refunds once the session begins.

I further agree to grant permission to the Woodstock Recreation Commission to release my name, address, telephone number and email address to the instructor for emergency contact only in the event of emergency or notices pertaining to the after-school Kids Yoga Program.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Students are encouraged to bring a water bottle each week.

Pre-registration is required. **Mail completed form and payment (made payable to “WRC”) to the Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281.** For more information contact the Recreation Department at 860-928-5935 ext. 332 or email [recreationdirector@woodstockct.gov](mailto:recreationdirector@woodstockct.gov).

Hello,

My name is Jennifer Brouillard. I am a Woodstock resident and a local yoga teacher with a passion for spreading positivity and a healthy mindset. Before teaching yoga, I taught art class to pre-k through 8th grade at Trinity Catholic Academy in Southbridge for 8 years. At the end of my year last year I gifted my students in grades K-7th each a yoga class and had a blast. The feedback from the students was so positive that I reached out to the Woodstock Recreation Committee in hopes to bring some yoga to the students of the Woodstock schools! My favorite response to my yoga class was from a 4th grader who said to me, "Mrs. Brouillard, how did you get my mind to stop going so fast?" The best part about yoga is that I am just a guide giving students the skills to take with them off the mat. In my kids' yoga class, we will begin with a short check in and a mind settling guided meditation. Throughout the 4-week session students will learn about:

Their super power, which is their breath.

How to use their breath to release their worry, settle their minds, and pause before reacting.

How to tune into, listen to, and respect their bodies.

About having compassion for themselves and others and just how important it is.

About uplifting mantras to repeat to themselves in challenging times to stay positive.

They will also learn new yoga poses each week to work on strengthening and lengthening their bodies.

Lastly, we will end with some guided journaling through drawing and/or writing (student's choice). Feel free to check out my yoga business page on Facebook or Instagram at Roots to Fly Wellness or email me with any questions you may have.

Namaste,  
Jennifer Brouillard  
200hr RYT  
Roots to Fly Wellness  
rootstoflywellness@gmail.com