# Namaste Today

**THIRD QUARTER REGISTRATION NOW OPEN!**

**After-School Yoga & Mindfulness Program**
www.namastetodaysandiego.com



**The mission of Namaste Today is to provide a safe space for children in San Diego schools in which they are able to breathe, bend, balance, and become focused.**

**Who:** This program is available to all OTA students, K-8. All levels are welcome.

**Instructor:** Emily Brehmer (Certified Children's Yoga Instructor/Credentialed Teacher/ Avid Downward-Dogger)

**Schedule:**

| Time | Activity |
|---|---|
| 3:30 – 3:45 | Snack/ Time to Connect |
| 3:45 – 4:45 | Yoga Flow & Games |
| 4:45 – 5:00 | Mindfulness Break / Dismissal |

**Duration:**
Friday, January 30th 2015 – Friday, March 27th 2015



**When:**
Friday afternoons from 3:30 p.m. to 5:00 p.m.

**Where:**
Classes will be located on the Kindergarten Patio.

**What is the Cost of this wonderful program and how do I sign my kiddos up for the next quarter?**

$15.00/session (8 Sessions) +
$20 OTA Scholarship Fee = $140

**Parents can register online at:**
**http://www.NamasteTodaySanDiego.com**
(Click on: *Register for a Program).*

**Please forward any questions to Emily Brehmer at #(831) 601-5471 or at namastetodaysandiego@gmail.com.*