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 – 5:00	Yoga Flow & Games
5:00 – 5:30	Mindfulness Break / Homework Help

When:
Tuesdays & Fridays / 3:30 p.m. - 5:30 p.m. (First Quarter: September 8th – November 7th)

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?



The Namaste Today After-School Program runs every Tuesday and Friday for two hours, from 3:30 p.m. to 5:30 p.m. The cost is $15.00 per session.

$15.00/session + $20 OTA Scholarship Fee = $290

Parents can register online at:
http://www.namastetodaysandiego.com/old-town-academy-after-school-yoga--mindfulness (It's quick and simple!)

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