

LAWRENCE PUBLIC SCHOOLS



RELAXATION YOGA FOR THE FAMILY

Hosted by certified yoga instructor
Stephanie Beaudett, RYT 500
(Registered Yoga Teacher 500 hr)

Virtually on:

Monday, February 22

Monday, March 1

Monday, March 8

Monday, March 15

Monday, March 22

Monday, March 29

5:15-5:45PM



@LPS4Families



RSVP AT:

[HTTPS://RB.GY/XFSBV9](https://rb.gy/xfsbv9)

- Family participants will experience relaxation techniques such as the S.T.O.P. and Relax, as well as breathing techniques and postures, ending with relaxation and breathing exercises.
- This pilot will take place in English, but all are welcome to participate and follow along visually. (Las sesiones se llevarán a cabo en ingles, pero todos son bienvenidos a participar visualmente.)
- Families are welcome to come to one or all of the sessions
- Beginner-friendly
- **FREE to all LPS Families**

to receive a zoom link and waiver form.

237 Essex St., Lawrence, MA 01840 – (978) 975-5900 – www.Lawrence.k12.ma.us