

Calm Restorative

YOGA MEDITATION

SIGN UP ONLINE

jesuithsboosters.regfox.com/yoga-week

WHO first 30 students to sign up

WHAT calming restorative yoga & meditation

WHERE Music Recital Hall next to Black Box Theater

WHEN starts 5 min. after lunch bell,
finishes 10 min. before lunch ends

WHY to boost your finals performance and
teach you relaxation skills

HOW you will be guided through the relaxation and
meditation with calming yoga, flexibility and
stretching, and breathing techniques

JHS Boosters will provide each attendee with a healthy lunch – all free of charge to the first 30 to signup!

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QUESTIONS? TMACLAUGHLIN9@COMCAST.NET

