



With Ms. Ferman
PreK 4 & Kindergarten

HCA Winter Session:

Students will explore a wide range of yoga poses through storytelling and creative dramatics. We will use our movement and breathe to help us achieve calmness and joy!

All students will need a yoga mat and one light weight yoga block, please label with your child's name. We will store these at school for the duration of the class.

Class are Tuesdays 2:45-3:45

January- 10, 17, 24, 31

February- 7, 14, 21, 28

March- 7, 14, 21, 28

- Tuition is \$350
- Tuition is non-refundable or prorated
- All checks made payable to Hoboken Catholic Academy
- There are no credits or refunds.

Student's Name _____

Grade and Teacher _____

Parent Email _____

Parent Phone _____

