

# Generation Om

yoga & mindfulness



**Afterschool with School Nurse, Dana DeTrizio, RN, CSN, RYT200, RCYT**

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**Grades 4–8** 1-hour session **Monday 3 pm–4 pm** 9/16, 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16 (13 sessions \$455)

Each 1-hour session combines the five elements: Connection, Breathing, Movement, Focus, and Relaxation. Some lessons may include an art activity.

Please wear school gym uniform or yoga attire. Yoga mats will be provided. Please feel free to bring your own yoga mat. Hoboken Catholic Academy is not responsible for lost or damaged yoga mats.

Why Yoga for Children?

Yoga improves physical, mental and emotional health. Yoga provides the tools for lifelong wellness. In this multidimensional, holistic approach physical, cognitive, emotional and social needs are nurtured. Yoga is a wonderful physical exercise that is accessible to everyone. Yoga has been linked to improvement of asthma, diabetes, childhood obesity, ADHD, insomnia, anxiety, stress-related illness and many other health issues.

Academic achievement is directly linked to health. Students' health strongly impacts their ability to succeed in school. Illness not only accounts for missed school days it interferes with cognition and ability to focus. While many activities and exercises improve children's physical wellness, yoga integrates the physical and mental, the internal and external, positively contributing to a student's ability to face multiple challenges in the educational setting and in life. Mindfulness activities and breathwork downregulate stress and anxiety. Movements stimulate brain functioning and support learning.

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Student's Name \_\_\_\_\_  
Grade/Teacher \_\_\_\_\_  
Parent Email \_\_\_\_\_  
Parent Telephone \_\_\_\_\_

Please make checks payable to Hoboken Catholic Academy. Tuition is NON-REFUNDABLE and NOT PRORATED. There are no credits, refunds or make-ups for missed days. Returned Checks will incur a \$100 charge.

Please return registration page and payment in full to Hoboken Catholic Academy Office.