



GARFIELD PUBLIC SCHOOLS PARENT NIGHT

Building Our Parent & School Connections

You are invited to join us for Relaxing and Peaceful Evening

“Chocolate Chair Yoga”

Ground your mind and body with this class. The benefits of Chair Yoga are endless – improved flexibility, advanced whole body strength, enhanced posture, and improved breathing, while alleviating stress are just a few of the benefits.

Chair yoga is appropriate for people of **all** abilities.



After a short presentation on stress-reduction

Learn yoga and practice ways to relax.

Sample **Chocolate**.

Please wear comfortable clothes.

Presented by the District Home & School Consortium

Location: **Garfield High School Auditorium**

Date: **Thursday, January 12, 2017**

Doors Open: **6:00p.m.**

Program Begins Promptly at 6:30 p.m.

Price: **\$10.00**

for Yoga class and Chocolate

Registration is required - email nkutsup@gboe.org

Payment: Checks Payable to Garfield High School HSA
500 Palisade Avenue, Garfield, NJ 07026 Attention: S. Marinzulich

**ALL Teachers, Parent(s)/Guardian(s) of Garfield Public School students from
Pre-K to High School are invited to this special event.**

“Education plus Character – That is the Goal of True Education.”

Martin Luther King Jr.

*Questions? Send Email to NKutsup@gboe.org
Sponsored by the District Home & School Consortium*

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