

# **STRETCH FOR SUCCESS**

**JOIN MS. AUGUSTIN FOR YOGA!**

**When? Fridays @ 7am**

**Where? Fitness room**

**Why? Stress buster!**

**Improves: concentration, strength  
flexibility, balance, mood, and focus.**

- HOW?**
- Pick up Yoga Slip from Room 208
  - Ask your teachers to sign it on Thursdays, to show that you have upstanding citizenship & no missing assignments for that week.
  - Bring your slip to Yoga Class Friday mornings!

**Be strong•Be healthy•Be happy**