

YOGA ~ MINDFULNESS CLUB



YOGA & Mindfulness CLUB @ Hyde Park School

MON & FRI: 2:45 Pm-3:25 Pm

WINTER/SPRING 2017

JAN 9th-May 1st, 2017

www.cezarinatrone.com

Hyde Park School ~ Winter/Spring 2017

JAN 9th--May 1st 2017

Mon or Fri 2:45-3:25 PM ~ Grades K-6th

Come join our YOGA & Mindfulness Club as we engage in fun yoga poses, cultivate a deeper connection with ourselves, make new friends and manage stress outside the classroom, while enhancing creative thinking, mindfulness, self-esteem & conscious leadership. Cezarina Trone is the founder of MIRADOR Yoga & Creativity School (offering accredited kids yoga teacher trainings), an E-RYT 200, RCYT, a certified yoga teacher & trainer, life and wellness coach (CCPC), a licensed school teacher and she has 14 years of personal **yoga, mindfulness & meditation** experience. Read more about her work on her website at: www.cezarinatrone.com

Please fill out this registration form:

Child's name/grade _____

Parent name & contact: _____

email/cell _____

Tuition for Winter/Spring: **CHOOSE Mon or Fri Session or BOTH: \$120 (each)**

Tuition (check/cash) payable to: Cezarina Trone

Your Objectives: _____

If you prefer to pay online, use Cezarina's website, then click on the YOGA tab & choose your school. Also, for extra resources, or if you have any questions, feel free to connect by phone or email:

513.432.4887

cezarina.trone@gmail.com