



SOUTHERN REGIONAL MIDDLE SCHOOL

YOGA CLUB

Yoga Club welcomes all students of all levels in the yoga practice. We focus on breath work, basic yoga postures, sun salutations, and beginner vinyasas. The Yoga Club is a welcoming space for students to relax, stretch, and build healthy habits together. In each session, students learn simple yoga poses, breathing exercises, and mindfulness techniques that help reduce stress and improve focus. It's a fun way to unwind, connect with friends, and take care of both body and mind in a positive, supportive environment.
Namaste.

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Contact- MS Room: C-9

Meet: Weight Room or C-9

(days of the week will vary)

Full Year: Two to Three Times a month, 2:15 – 2:55

See SRMS Student Bulletin and Club Google Classroom for meeting dates

Join the 25-26 SY Yoga Google Classroom (google code: sxvmey4f)

Please click [HERE](#) for participation permission slip.