



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 vinyasas. Namaste.

Vicki Keenan vkeenan@srsd.net

Contact: MS Room: A-2

Meets in Weight Room

Full Year, Thursdays/Two Times a month, 2:15 – 2:55

See SRMS Student Bulletin for meeting dates and join the Yoga Google Classroom

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