



SOUTHERN REGIONAL MIDDLE SCHOOL

# YOGA CLUB

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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 [vkeenanan@srsd.net](mailto:vkeenanan@srsd.net) Dawn McCloskey [dmcloskey@srsd.net](mailto:dmcloskey@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.