

**AG Angebot 1. Halbjahr 2018/19 / ASA Offer 1<sup>st</sup> term 2018/19**

<b>AG Titel / ASA Title</b>	<b>Yoga</b>
<b>Inhalt / Description</b>	<p><i>The class is for varied abilities and needs. We'll work on the physical part, having fun and staying active practicing flowing sequences, challenging poses, partner and group poses. We will learn breathing techniques to calm, energize and balance as well as about the philosophy of yoga, chanting, chakras and mindfulness.</i></p>
<b>Zielgruppe / Target groups</b>	3. bis 8. Klasse / Grade 3-8
<b>Zeit / Time</b>	Mittwoch 14:40 – 16:10 Uhr / Wednesday 2:40 – 4:10pm
<b>Ort / Location</b>	wird noch bekanntgegeben / tba
<b>Leitung / Coach</b>	<b>Ms. Mylene Pezzotti</b> – Certified Yoga Trainer
<b>Teilnehmerzahl / No. of Participants</b>	Min. 10 Max. 15
<b>Anmeldeprozeß / Registration Process</b>	Online Anmeldung ab dem 09.09.2018 unter <a href="http://www.justplay.ae/disd_activities/">www.justplay.ae/disd_activities/</a> Online registration starting 09/09/2018 under <a href="http://www.justplay.ae/disd_activities/">www.justplay.ae/disd_activities/</a>