

Yoga Club

Class Introduction

Our program is dedicated to fostering a healthy lifestyle and yoga skills through interactive and hands-on activities. Here's what your child will gain from our yoga program

1. Breathing techniques and benefits : This course is designed to teach benefits of breathing to calm down and improve focus to keep young minds engaged and excited, and at the same time help them improve their focus and memory in a way that will help them in their academics and other extra curricular activities.
2. Yoga poses and benefits : Designed for young kids creatively to keep them engaged throughout the class and passionate about healthy living. Our interactive and fun classes encourage stretching, mindfulness and self-expression in a supportive environment.
3. Lifestyle changes with yoga: Teaching kids benefits of healthy living early on and how to gradually incorporate those habits in their daily life.
4. Theme based classes - Animal theme yoga

Instructor Bio

Deepti Gupta is a Yoga Alliance–certified instructor and licensed children's yoga teacher, also serving as an instructor at the Sammamish YMCA. With a warm, positive spirit and a deep passion for sharing the practice, she is dedicated to inspiring the next generation to embrace yoga, cultivate mindfulness, and build healthy habits from an early age.

Who: Grade K-5

When: Monday at 8:10 AM - 9:10 AM. 2/23-6/1, no class on 4/13 5/25, 13 classes in total
(If school closes due to bad weather, we will have a make-up class after the last class)

Location: School small gym

Class size: Min 6/ Max 16

Material: Encourage kids to bring their own yoga mat. If kids do not have their own mat, they can use school mats in the gym.

Cost: \$227

(If we do not have enough volunteers and cannot open the class successfully, we will inform you and refund the full amount.)

No Volunteer, No Club: If no PTSA member volunteer signs up, the club session will not run. Once a volunteer is secured, PTSA will email parents to announce that the class is open and provide a payment link.

“We encourage each family sign in at least one spot volunteer if possible —volunteering is simple and flexible! You’ll just help with sign-in and sign-out, and you’re welcome to bring your laptop and work while you’re there.”

If you need financial support, please contact with school counselor,
Mrs. Muhlestein <jmuhlestein@lwsd.org>

Sign up deadline: 2/10 9pm

Any question? email to clubs@smithpts.org

Become PTSA member, Join [here!](#) (PTSA member need to renew each year)