



PLEASE JOIN US FOR AN SJS MOTHER'S CLUB

Yoga Night

THURSDAY, JANUARY 19 | 6:30 - 8:30 | SJS GYM

\$20 per person fee, with a percentage being donated to the school, taught by Saint James Mom & Yoga Instructor, Lauren Grogan.

RSVP BY JANUARY 12

Looking to unwind after the stress from the holidays?
Yoga is scientifically proven to de-stress the body and mind.

This 60 minute class is designed with a gentle sequence to release muscle tension and create space in the body. We will tune into the nervous system's healing capacity by bringing ease to the breath which slows down the mental activity of the brain.

This softer pace will allow you to move with a sense of ease from one posture to another, allowing you the much-needed break you deserve. Participants should bring their own yoga mat (not thick Pilates mat) and wear comfortable clothes to practice yoga in.

About Lauren: Lauren Grogan, is a Holistic Health Coach and Registered Yoga Teacher who draws on her health education from the Institute for Integrative Nutrition as well as her in-depth yoga studies, to share simple ways to implement health, yoga and mindfulness into everyday life.

SIGN UP HERE*

**Link may also be accessed under Parents Clubs on mysaintjames.com*

Contact Lauren Grogan with any questions: lauren@laurengrogan.yoga



Register by clicking the button above, and kindly submit the form below by Jan. 12 with \$20/pp cash to Business Office in envelope marked Yoga Night. You may also venmo: @LaurenGrogan-yoga

Name: _____

Email Address: _____

(Optional) Guest Name: _____

(Optional) Guest Email Address: _____

Cash Venmo Total Amount Enclosed or Sent: _____