



SOULSTRETCH

cleveland's mobile yoga studio

YOGA at Avon Lake Schools



Avon Lake students stretch, learn & grow

WEDNESDAYS - Beginning January 6th
Avon Lake Schools offers free YOGA at
Redwood Elementary during recess.

- Students have the opportunity to participate (their choice) during their recess time in 20-minute yoga classes taught by certified instructors from Soul Stretch Mobile Yoga.
- Students should bring his or her own mat if desired. Mats will not be provided.
- For questions, contact: Shannon FitzGerald, Avon Lake City Schools, 440-930-8215
Shannon.fitzgerald@avonlakecityschools.org

Avon Lake City Schools believes that lunch/recess time is an extension of the classroom where lifelong habits are learned. Celebrating healthy food with healthy movement for successful empowered students.



www.soulstretchmobileyoga.com