

# **Free Yoga Classes for all IA OKMA Students**

## **Every Wednesday 9/16-10/21**

**Sponsored by the PTIA OKMA**



- Looking for ways to stay active while social distancing?
- A certified yoga instructor, from Updog Yoga in Rochester, is here to save the day.
- All students must fill out a BHSD COVID-19 Pre-Screen on the day of class [https://bloomfield.az1.qualtrics.com/jfe/form/SV\\_bO6YRdwVw3VROK1](https://bloomfield.az1.qualtrics.com/jfe/form/SV_bO6YRdwVw3VROK1)
- Bring your own mat or towel.
- All classes will take place outside on the field at OKMA Campus. (Weather Permitting)
- No loitering before or after class.

**20 slots are available for students on the following dates:**

9/16 3:30-4:30

9/23 3:30-4:30

9/30 3:30-4:30

10/7 3:30-4:30

10/14 3:30-4:30

10/21 3:30-4:30

**Student and parent volunteers sign up below:**

<https://www.signupgenius.com/go/10c0d4eaca62fa5fdc43-free>