

The West Chester Area School District's Preschool Parents Group Presents: Yoga



EST. 2018



THE
YOGIC BODY
STUDIO CO.

**When: Wednesday March 13, 2024
from 5:00pm—6:00pm**

**Where: Mary C Howse Elementary
641 West Boot Road, West Chester, PA 19380**

Did you know that yoga can boost a child's self-esteem and
improve emotional-regulation?

Join us for story and stretch time with yoga instructors and child
educators Yolanda S and Jordyn Z. from The Yogic Body Studio
in Exton.

**Please RSVP by visiting www.wcasd.net. Click on Community and
then select Preschool Parents Group. Questions?
Please contact Dr. Sara Missett, WCASD Dir. of Elem Ed.
smissett@wcasd.net or 484-266-1070**