



You're invited!  
Free & Festive Yoga Sessions!

December 3rd

3:00 to 4:00 p.m. in the high school library

Open to all students & staff in the high school!



No matter what holiday you celebrate, this time of year can be very stressful! Yoga is a great way to de-stress. Please find your craziest most festive holiday work-out attire (or any workout attire is okay too) and join us for this fun and festive de-stressing event!

\*Due to the current restrictions placed on the size of gatherings, space is limited, and sign ups will occur on a first-come, first-serve basis. Everyone must pre-register using Sign-Up Genius:

<https://www.signupgenius.com/go/70A084AA5AA22AAFE3-aavidum1>

Come join us to give your mental health and body a workout and have a fun time!

