

Free Virtual Chair Yoga

A Parent/Child Workshop Series

For District 26 Families and Community

With Irene Failenbogen



Morning Sessions: June 19th & 29th, 9 AM

Evening Sessions: June 22nd & 24th, 6 PM

ZOOM Meeting ID to Join: 521 865 4157 Password: 262626

Zoom Link: <https://zoom.us/j/5218654157?pwd=dngyY0cyYk1aNG5oVCtNckdOS2lHdz09>

Families at all level can join. No mats required !!!

Learn breathing exercise techniques to manage stress, poses to stretch your muscles, improve your posture techniques and exercises while seated in chairs.



PLEASE REGISTER TO ENSURE ADEQUATE SPACE FOR ALL:

[Register Here](#)

<https://forms.office.com/Pages/ResponsePage.aspx?id=tyxJGEXvYUWFcQxC5fesB5WefhnB-BVBhlyLU2hee19UMDF0NExFM004OVhUUENaMkhQSUdHS1BWQI4u>

For more information please contact the District 26 Family Coordinators.

Kim D'Angelo at 646.398.2919 or kdangelo4@schools.nyc.gov

Wendy Mo at 917.602.5189 or wmo@schools.nyc.gov

Farjana Faruk at cec26@schools.nyc.gov

To find out about other District 26 events visit the *Family Engagement* page at www.district26.org.