

NYC Public Schools
Community School District 26 & Community Education Council 26

A District 26 Fall Parent Workshop Series

PARENT YOGA

With Irene Failenbogen



*Increase your balance, strength, and flexibility.
Learn challenging poses as we breathe our way to relaxation.
Parents with all levels of experience are welcome!*

Tuesday Mornings
October 1, 8, 15

9:00 to 10:00 AM

PS 46, The Alley Pond School
64-45 218 Street, Bayside



[PLEASE REGISTER TO ATTEND.](#)

IF YOU HAVE A YOGA MAT, PLEASE BRING ONE.

For more information, please contact the District 26 Family Leadership Team

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718.631.6943

Visit our *Family Engagement* page at www.district-26.org.