

# Yoga at Riviera Hall



## 2022/2023 SCHEDULE



**every Friday from 3:15p to 4:15p**

Led by Paola Borgonovo, a former Riviera mom, Certified Yoga Teacher and owner of Novo Yoga Online

**FALL TRIMESTER: 9 Classes Course \$234**

9/23 – 9/30 – 10/07 – 10/14 – 10/21 – 10/28 – 11/04 – 12/09 – 12/16

**WINTER TRIMESTER: 9 Classes Course \$234**

1/20 – 1/27 – 2/03 – 2/10 – 2/24 – 3/03 – 3/10 – 3/17 – 3/24

**SPRING TRIMESTER: 8 Classes Course \$208**

4/21 – 4/28 – 5/05 – 5/12 – 5/19 – 5/26 – 6/02 – 6/09

**Strength**

**FOCUS**

**Determination**

**Self-Esteem**

**Calmness**

**Flexibility**

Return the form below to Paola or the school's office with check payable to Paola Borgonovo

Kid's name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Parent name: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

**SEE BACK**

## ABOUT THIS COURSE

In the last two decades or so, Yoga has been universally embraced and recognized as one of the best forms of exercise for the body, mind and spiritual growth. An activity with such good qualities that produces such good results can and should be started at an early age. Within a playful, non-competitive environment that keeps the class lighthearted, Yoga will work and shape kids on mainly two levels: physical and mental.

**On a physical level**, this Yoga course will deliver flexibility and strength at the same time. Particularly indicated for kids already active in sports of all kinds that tend to tighten the muscles and tax the joints to different degrees.

The execution of the postures will explore, test and enhance their capacity to balance. The simultaneous involvement of multiple or all parts of the body during the postures will work on better coordination in their movements. All this will be wrapped up with simple breathing techniques.

**On a mental level**, the process of understanding and executing the postures and the breathing will call for focus. As soon as the effort is made through focus, determination will come into play in order to conquer the posture. This will in turn boost their self-esteem and provide a healthy and well deserved sense of accomplishment.

The above work combined with the emphasis on breath should also promote and achieve calmness.

I am looking forward to work with your kids.....Paola.

## IMPORTANT

- **Bring water, snacks and a yoga mat.**
  - **Wear warm and comfortable clothing.**
  - **Payment due on first day of each session.**
  - **If kids cannot attend the full trimester, they can do fewer classes.**
- Please contact Paola for questions.**

**Covid Protocol:** Your kids will have assigned spots six feet apart from each other

**If you have any questions about these Yoga courses, please email me at: [novoyogaonline@gmail.com](mailto:novoyogaonline@gmail.com)**

**Namaste  
Paola**

