

Dysart Community Education Department Presents:

# Mavericks on the Mat

## Yoga Program for Grades 5-8

### Only \$5 per class

Choose from the following sessions:

(Want more time on the mat? Sign up for more than one!)

<b>Mondays</b> (Morning) 7:30am-8:30am	<b>Tuesday</b> (Afternoon) 4:00pm-5:00pm	<b>Wednesday</b> (Morning) 7:30am-8:30am	<b>Thursday</b> (Afternoon) 4:00pm-5:00pm
Sep 20 - Dec 13	Sep 21 - Dec 14	Sep 22 - Dec 15	Sep 23 - Dec 16
12 Sessions	12 Sessions	11 Sessions	10 Sessions
Cost \$60	Cost \$60	Cost \$55	Cost \$50

### Registration can be done through:

Dysart Community Education Department

<https://dysart.ce.eleyo.com/course/444/fall-2021/mavericks-on-the-mat>

For registration help call: (623) 876-7056

Or email at: [communityeducation@dysart.org](mailto:communityeducation@dysart.org)

For Yoga Program questions contact instructor.

Instructor: Kelvin Arthur, M.Ed, 200 CYT

7th/8th Grade Cambridge Science

Marley Park Elementary

e: [kelvin.arthur@dysart.org](mailto:kelvin.arthur@dysart.org)

p: 623-523-8200 x2271

w: <https://kelvinarthurscience.weebly.com/>

a: 15042 W Sweetwater Ave., Surprise, AZ 85379

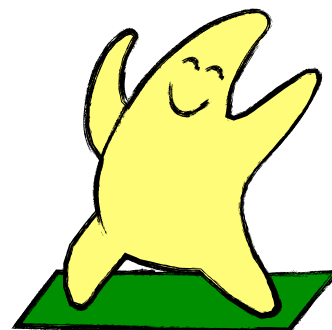


## Participants will learn to:

- Foster self appreciation and mindfulness
  - Promote health through movement
  - Reduce anxiety/stress
  - Improve self-esteem
  - Set goals and celebrate success
  - Integrate coping skills that can be used inside and outside the classroom
  - Incorporate Social Emotional Learning (SEL) techniques to promote kindness and compassion on our Marley Park campus.
- 
- Participants will be engaged in the practice of Hatha Yoga Vinyasa Yoga,, Restorative Yoga, Focused Breathing, and Meditation (Walking and Seated); no philosophy is being taught or required.
  - No prior experience with yoga or mediation is required or expected.
  - Yoga is for everyone! All sessions will be adapted to all participants abilities, body types, comfort levels, and necessary accommodations.

## What to bring to Yoga:

- Water Bottle
- Large Towel (beach type is great) or Yoga Mat (Yoga mat is not required, but students can bring their own if they choose)
- Small hand towel, to wipe hands if sweaty (yoga sessions will not be overly vigorous).



## All students must wear:

- Short sleeve T-Shirt long enough that it can be tucked in
- Shorts knee length or light weight sweatpants
- Students will have access to restroom if they need to change before or after

**\*\*\* Clothing requirement is not negotiable and is in place to protect the modesty of all participants and to provide comfort and ease of movement. Those who attend without required clothing will participate in a limited capacity that session.**

## Morning Sessions:

- Students can be dropped off in front of the school between 7:25am-7:30am. Please be on time so we maximize our yoga time. Students will get a copy of the session schedules on the first day of Yoga.

## Afternoon Sessions:

- Students can be picked up in the bus loop/teacher parking lot off of North Whisperwood Dr. (We will be practicing in the shade on the outside near the soccer fields). Session will end promptly at 5:00pm, please be on time! Students will get a copy of the session schedules on the first day of Yoga.