

Farmingdale Public School



Farmingdale School Health Council Presents: A Night of Yoga for Farmingdale Families!

Who: Parent/Guardian and their child(ren)

What: Erin from Lotus Lounge Yoga will be providing a free one-hour yoga session for our Farmingdale families.

When: Monday, January 13, 2020 from 5:00pm-6:00pm

Where: Gym

***Important Notes:** You are welcome to bring your own yoga mat(s) for you and your child(ren) if you have one. However, the district does have yoga mats for your use if you would prefer. Also, **all** children must be accompanied by an adult during this event.

