

Hello everyone,

Sixth through eighth grade girls are invited to join Mrs. Macrina and continue on the Empower Club started by Mrs. Leeds. I would love to continue this group and create a place where we can come together, talk, stretch and have a space where you can step away from your day to do something you love to do. EMPOWER your mind by releasing negative thoughts and creating a positive self-image. Mrs. Macrina works with dancers doing Strength and Conditioning and will work with you on how to get stronger, increase your flexibility, and help you understand balance and control. We will use Yoga blocks and mats to stretch and find our center. This club will meet once a week. Club members are invited to help Mrs. Macrina with Dance performances throughout the year and in the show at the end of the year.

Girls will need to bring their own yoga mat to be left in the Dance room. I will supply wipes for each class to clean it. Girls may take off kilts and wear biker shorts/Nike pros/sweats/any shorts, sweats. I will also supply yoga blocks and other materials to be used throughout the session. You can be bare foot for this class.

Sign up below- Sessions start first week of October

Cost-\$150 until end of December

Please send the below form to school along with a waiver to participate in an envelope labeled MRS. MACRINA -Empower

Checks to Annemarie Macrina or venmo @Annemarie-Macrina

Name: _____ Homeroom: _____

Parent name and
email: _____

Parent cell: _____