

COMING SOON!

PRIMARY SCHOOL

YOGA kids



Be a frog! or a cobra! Roar like a lion!

Play fun filled games that show you how to do cool yoga poses like the alligator which helps make you stronger and balance better.

Go from silly and crazy to quiet and calm, all in one hour



Bring your mum or dad!
Call 324 2616

\$45 for 5 classes

Ages 8-11

email bahyoga@hotmail.com for more information

COMING SOON!

MIDDLE SCHOOL

Ages 11–14 years

KIDS
YOGA



Have fun and
de-stress while
doing cool yoga
poses
like cobra or
warrior.

\$45 for 5 classes

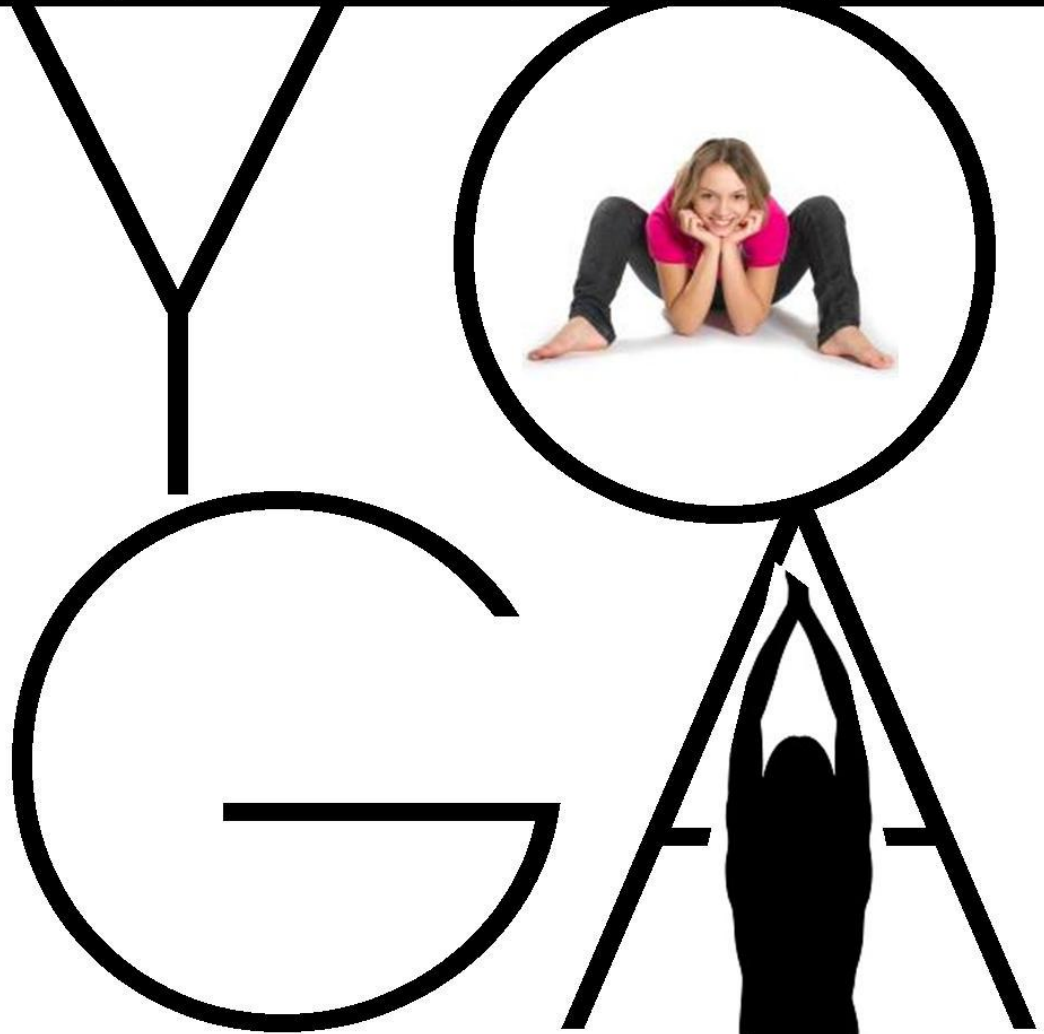
E:
bahyoga@hotmail.com
for more
information

You'll have
more energy,
more flexibility,
concentrate better
and also learn
how to relax.

Yoga
decreases anxiety
increases self esteem *and*
self awareness

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COMING SOON



Tired and stressed out? Muscles tense?

Come to yoga to stretch, strengthen and most of all, learn to RELAX.

Use your breath to energize or to decrease anxiety while increasing self esteem and self awareness.

Balance, flexibility, concentration, focus, all improve with regular yoga practice.

Yoga is non competitive and great for everyone.

Ages 14-17

Thursdays
3:45—4:45

\$45 for
5 classes

email
bahyoga@hotmail.com

Upper School trip to Costa Rica

A Spanish immersion trip to Costa Rica has been organised by the MFL department. The trip is open to students studying Spanish in years 10 through 13. Students will spend 10 days with host families and will take part in language classes and cultural activities. Tours to the hot springs at the Arenal Volcano and the town of La Fortuna and a coffee plantation have been arranged as well.



When? 29 March – 7 April 2012

Cost? \$2,200

(includes airfare, ground transportation, accommodation, breakfast and dinner, tours, classes, and cultural activities)

For more information see Mrs. Adderley in room 64

Book Drive

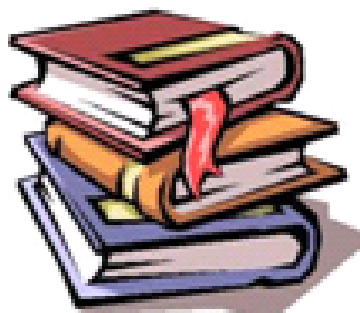
Help donate books

To the less fortunate kids, any book you no longer use, drop them in the library

Requirements

Preferably chapter books, no torn, or missing pages (decent condition), however they are not picky they will greatly appreciate any books they receive

PRATICIPATION WILL LEAD TO APPRECIATION



SCHOOL SHOP

Telephone: 677 7805



Shop Hours:

Mondays, Wednesdays, and Fridays

8:30am – 11:00am

Not opened on days when school offices are closed!



Leel School Bus Service

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www.leeltransportation.com

Email: elaine@leeltransportation.com

