Testimonials for Staff Wellness Yoga

Barbara Schmon — **Jun 15 (8 days ago)**

Hi Dara:

As the year comes to a close I just wanted to share that I really enjoyed the opportunity the grant provided to do the yoga classes.

For me it was a new experience and one that came at an opportune time personally, since it truly helped with my rehab. It was also a chance to bond with colleagues after recently moving up to the HS.

I truly believe in the mind / body connection for overall health and wellness and it was fantastic the district supported this for staff members.

Should we get a chance to do this next year.....maybe even look at options like Tai Chi or Pilates..... I would be happy to help with the planning. Please keep me updated and don't hesitate to ask.

Have a great summer!
Barb

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jmasur@hpschools.net — **Jun 15 (8 days ago)**

to me

Thank you so much for running the weekly yoga class. It was very beneficial for my overall health and wellness. It helped my posture, breathing, body pains and was a real stress reliever.
Thanks again, I hope it will be offered again next year.
Jani

Sent from my iPhone

Jun 15 (8 days ago)

Ashley Allshouse

to me

This school year, I was fortunate enough to have had the opportunity to participate in weekly yoga sessions provided free-of-charge to teachers in the Highland Park School District. I looked forward to these sessions every week, as they were a wonderful time to de-stress and decompress, reflect, and also form a bond with colleagues outside of the school environment. The yoga sessions also provided a great chance to grow in my physical skills and gain exposure to a fitness option that I may not have had the confidence to engage in on my own.

Yoga Sign-Up (Note: 3 Pages on Docs--scroll down :))
Kinetics: 3:15 on Wednesdays at 409 Raritan Avenue
Please note: We can have up to 15-20 people/session. Feel free to add lines if we get that crowded.

*During the Nov 11th yoga session, 8 people were in attendance.

November 18	December 2	December 9	December 16	January 13
Dara	Dara	Dara	Dara	
Julie	Julie	Julie	Julie	

Megan H		Margaret K	Margaret K	Margaret K
Margaret K			Ashley	Gina
Corey		Marianne	Marianne	Marianne
	Jasmeet	Megan H		Megan H
Tara	Josie	Josie	Josie	Josie
Susan	Megan H		Jasmeet	
Josie	Tara		Corey	Jani
Ashley	Ashley		Susan P	
Amanda	Amanda	Amanda	Amanda	Amanda
Marc	Marc	Marc	Marc	
	Barb S	Barb S	Barb S	Barb S
	Jani	Susan P.	Susan H	
		Jani	Sikora	

Yoga Sign-Up
Kinetics: 3:15 on Wednesdays at 409 Raritan Avenue
Please note: We can have up to 20 people/session. Feel free to add lines if we get that crowded.

January 20 **January 27** **February 3** **February 10** **February 17**

Dara	Dara	Dara	Dara	Dara
Margaret K	Margaret K		Margaret K	Joyce P
Jani	Marianne	Marianne	Marianne	Marianne
julie	julie	julie	Jani	julie
Ashley	Jani	Ashley		
		Jani		Ashley
Barb S	Barb S	Barb S		Jani
		Theresa	Theresa	Corey
Sheryl	Sheryl	Sheryl	Sheryl	Sheryl
		Susan P		Theresa
				Susan P

Yoga Sign-Up

Kinetics: 3:15 on Wednesdays at 409 Raritan Avenue

Please note: We can have up to 20 people/session. Feel free to add lines if we get that crowded.

February 24	March 2	March 9	March 16	April 13
Dara	Dara	Dara	Dara	Dara

Margaret K	Margaret K	Margaret K		
	Ashley	Corey	Ashley	
julie	Joyce P	julie	julie	Julie
Theresa		Joyce P		
Susan P				
Sheryl	Sheryl	Sheryl	Sheryl	Teri
Jani		Jani		

*Remember, if folks are interested in continuing we can add ten more sessions through the end of the year for $10/session/person. We need at least six people interested in continuing with the yoga to get that excellent rate.