

Dear Parents and Guardians,

I am so excited to announce that your child will be on the **BIS Yoga Team** for the 2025/26 year! This team is designed to help students build strength, flexibility, balance, and focus while also learning valuable skills for stress management and mindfulness.

### About the Yoga Team

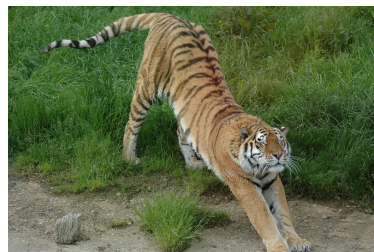
- Practices will be two Tuesdays each month in room B5.
- Students will learn yoga poses, breathing techniques, and relaxation strategies.
- We will also have special visitors.
- No prior yoga experience is necessary-students of all levels are welcome!

### Expectations

- Students should wear comfortable clothing they can move in. Please no skirts or shorts these days. You will also receive a yoga shirt that can be worn on your team time days that will be purchased with your yoga fee.
- I will provide a yoga mat for each student that we will keep at the school. This will be purchased with your yoga fee.
- Team members are expected to attend practices regularly, show respect for their peers, and bring a positive attitude.

### Benefits of Joining

- Improved physical strength and flexibility
- Increased focus and concentration
- Stress relief and relaxation techniques
- Opportunities to be part of a supportive team



### Cost to Join

- **There is a \$25 one-time fee that will be used to purchase mats, t-shirts, and go toward our Christmas party. \*\*Payment deadline is Tuesday, September 23. Payments made online to Local Level Events (LLE) using the link or the QR code. Link to pay: <https://www.locallevevents.com/events/details/40890>**

I believe the Yoga Team will provide a fun and meaningful experience for your child, helping them grow both physically and mentally.

If you have any questions, please contact me, Kasey Smith at [kasey.smith@bossierschools.org](mailto:kasey.smith@bossierschools.org) or 318-465-6913. You can also join our Yoga Google Classroom by joining with the code [6dcg363l](#).

I look forward to a wonderful season together!

Sincerely,

Kasey Smith  
Yoga Team Sponsor  
Benton Intermediate School