

## 2019 Summer Yoga & Mindfulness for Athletes at JMM

The Memorial Athletic Department will be offering a 7-week yoga and mindfulness program this summer. The focus of the program will be vinyasa (“flow”) yoga classes. Vinyasa (“flow”) is a style of yoga that links a variety of poses together with breath. Linking movement with breath creates a “moving meditation,” which leads to presence and mindfulness. Music and essential oils will accompany each class.

The benefits of yoga include increased flexibility, balance, agility, endurance, core strength and overall strength. All of these things help to prevent injury and aid in recovery. Yoga also benefits the mind by reducing stress, quieting negative mental chatter, improving focus, and teaching presence and mindfulness.

The program will be run by former Memorial student-athlete, Jodi Klagos. Jodi is a certified yoga instructor and teaches class twice per week at a yoga studio in Madison. Jodi played soccer and basketball for Memorial and college soccer at UW-Milwaukee. After several knee injuries, Jodi found yoga as a way to stay fit, but quickly learned the many other benefits that yoga provides.

The program will begin on Monday, June 11<sup>th</sup> and will be offered on Mondays and Thursdays from 6:00 pm – 7:30 pm. The program will conclude on Thursday, August 15<sup>th</sup>. No class will be offered July 4<sup>th</sup> through July 18<sup>th</sup>.

Please inquire regarding any scheduling concerns. It is understandable that you may need to miss sessions for various reasons, which can be accommodated.

### Cost

- **Option 1: Mondays @ 6:00 pm-7:00 pm, \$35**
  - Dates: 6/10, 6/17, 6/24, 7/1, 7/22, 7/29, 8/12
- **Option 2: Thursdays @ 7:30 pm- 8:30 pm, \$35**
  - Dates: 6/13, 6/20, 6/27, 7/3(WED), 7/25, 8/8, 8/15
- **Option 3: Mondays & Thursdays, \$50**
  - Dates: Mondays- 6/10, 6/17, 6/24, 7/1, 7/22, 7/29, 8/12
  - Thursdays- 6/13, 6/20, 6/27, 7/3(WED), 7/25, 8/8, 8/15

To sign up, please fill out the attached sign-up sheet and include a check made out to JMM. Sign-up sheets and checks can be turned into the Athletic Office at Memorial High School. If a fee waiver is requested, please contact Jeremy Schlitz - Athletic Director at 608-663-6079.

**2019 Summer Yoga & Mindfulness for Athletes: Sign-Up Sheet**

Name: \_\_\_\_\_ Grade Entering: \_\_\_\_\_

E-mail(s): \_\_\_\_\_

\_\_\_\_\_

Student ID #: \_\_\_\_\_ Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone #s: \_\_\_\_\_

**Please select one of the below program options:**

\_\_\_\_\_ Option 1: \$35 (Mondays @ 6:00-7:00 pm)

\_\_\_\_\_ Option 2: \$35 (Thursdays @ 7:30-8:30 pm)

\_\_\_\_\_ Option 3: \$50 (Mondays & Thursdays)

Will you need a mat or will you bring your own?

\_\_\_\_\_ I will need a mat

Do you have any aversion or allergy to essential oils or aromas?

\_\_\_\_\_ If Yes, please list \_\_\_\_\_