

Welcome to the Children's School Health, Wellness and Happiness Fair!

Fair Schedule and Guide



The Children's School Wellness Council

Dance Room

2:15-2:55 **Mindfulness Meditation and Yoga**
with Monkey Do Yoga
(20-person max)

4:20-5:00 **Pilates**
with Pilates Garage
(15-person max)

Gym Stage

3:00-3:15 **Hip Hop Dance**
with Jete

3:20-3:35 **Fitness Class**
with Principal Rosa

3:40-3:55 **Yoga**
with Jete
(15-person max)

4:00-4:15 **Hip Hop Dance**
with Jete

Yard Outside

2:00-2:45 **Obstacle Course**
with Coach C

2:00-2:45 **Gaga Ball**
with Kids in the Game

3:00-3:45 **Soccer**
with Marc

3:00-3:45 **Relay Races and Tag**
with Run4Fun

4:00-4:45 **Free Throw Contest**
with Kids in the Game

4:00-4:45 **Obstacle Course**
with Coach C

Main Gym Floor

All stations have ongoing activities except where noted

Walking Labyrinth and Finger Labyrinth
with Jane Weedon of Workspace Physical Therapy

Pilates Horses
with Margi Douglas
of Pilates Garage

Busking

Pickling Table
with Ronna Welsh
and Sarah Adams

Qi Gong/Tai Chi
with NYC Kampo Institute
(sign up for a 15-minute demo)

Kimochi Table
with Jane Bliss Birk

Shiatsu Massage
with NYC Kampo Institute
(sign up for a 15-minute massage)

Mandalas
with Naomi Cohen-Thompson

Wood and Wool
with Madeline Solomon

Glitter Sanitizer
with Tribeca Pediatrics

Cookbook and Children's School Gear Sale

Food Provided By:



RICE & MISO
TRADER JOE'S



Special Thanks To:

Jete Dance Center
Run4Fun
Kids in the Game
Pilates Garage and Margi Douglas
Monkey Do Yoga and Marni Brand
NYC Kampo Institute and Nigel Dawes
Workspace Physical Therapy and Jane Weedon

Jane Bliss Birk
Tribeca Pediatrics
Metro Community Health Center
Artists & Craftsman
Mark Bohan
Ronna Welsh

The Children's School PTA
The amazing parent and staff volunteers and members of the Wellness Council: Bridget Nash, Rosa Amato, Coach Fred Cosentino, Douglas Dugan, Yvette Agas-Bautz, Janine DiLorenzo, Merideth Finn-Beers, Jessica Miksis, Sarah Adams, Madeline Solomon, Madeline Miller, Douglas Hatt, Naomi Cohen-Thompson, Reina Nakagawa!