

YOGA AND Kinesis

presented by



MIND IN MOTION

*10 week session
for \$130

1st-4th grades
welcome!

Students will enjoy ten fun filled weeks of yoga and movement where they will be encouraged to focus their imaginations on exploring the concepts of:

- *Time, space, shape, dynamics, rhythm and tempo
- *Stretching and strengthening
- *Coordination and gross motor skills
- *The benefits of mindfulness through physical meditation
- *Improvisation techniques

Each child will develop their own expression of movement and work individually and in groups to solve movement challenges.

Mondays: Kutz Elementary, 3:45-4:45pm, 3/6-5/15 (no class 4/17)

Wednesdays: Bridge Valley Elementary, 3:30-4:30pm, 3/8-5/10

Thursdays: Groveland Elementary, 4:00-5:00pm, 3/9-6/1

(no class 3/23, 4/13, 5/4)

~To register go to www.MyPaymentsPlus.com~

Each student is responsible for bringing their own
yoga mat (or towel) and water to class