

EXPERIENCE THE JOY OF

after school yoga!



Invite your kids on a journey filled with imaginative stories, yoga poses, games and music! Your kids will not only have fun, they'll learn positive messages about sharing, teamwork, dreaming big and self-worth. They'll learn calming techniques and ways to sharpen their focus. Yoga can improve your child's strength, balance and flexibility. It's also a great complement to other activities like dance, gymnastics and soccer. Each one-hour class includes breathing, yoga poses, crafts, games, mindfulness practices and end with guided relaxation.

WINTER SESSION AT WOODS!

- + 4 Week Program
- + Thursday Afterschool
- + 3:15 — 4:30, Jan 30, Feb 6, 13 and 20
- + Open to all Woods Charter Students
- + Fee: \$60 Per Child
(use of yoga mat and craft materials)