**Yoga for KIDS**

***4-5th grade***

**INFORMATION:**

This session of yoga will focus specifically on the needs of our 4th and 5th graders. Classes will be designed to support students with:

* Developing more body awareness. Gaining strength, flexibility, and balance.
* Learning how to use their bodies in a healthy way.
* Manage stress through breathing, awareness, meditation and healthy movement.
* Build concentration.
* Increase their confidence and positive self-image.
* Feel part of a healthy, non-competitive group.
* Yoga is non-competitive.
* In today’s world, we hear so much about being the best and achieving the most. Yoga teaches kids that their bodies are different; different bodies do different things and all of them are okay. There is no one better or worse at yoga than anyone else; we are all just exploring our bodies and learning from them in our own way. Yoga is truly for every body.
* Yoga teaches self-acceptance and self compassion.
* Yoga teaches gratitude, compassion, and tolerance of others.
* Focus. Focus. Focus.
* We live in a world of distractions. Yoga can help with that. It teaches kids to be present, and to concentrate and focus on their breathing.
* They learn how the breath can help them throughout the day, in any situation. They learn to focus on the pose by learning correct body alignment, and in so doing, learn to focus on their bodies and how they function—guiding each limb or part of the body through the nuances of the pose.
* Yoga teaches calming techniques.
* Children learn self-awareness through yoga.
* In guiding their bodies through the poses, children learn more about their bodies and what they are capable of. They learn more about their minds, and how they can affect not only their own attitudes and approaches to life, but also the attitudes of others.
* Yoga teaches children that relaxation is not only allowed; it is encouraged. Relaxing is not easy and learning to relax takes practice. Yoga provides space for the mind to slow down and settle.

**When:** *MONDAYS:*

 *Starting January 13th-April 27th (12 classes)*

**Time:** 3:15-4:30

\*\*\*Teacher: Ms. Werner (our visual arts teacher), is also a certified childrens’ yoga instructor and will be guiding the students in their yoga practice.

**Cost:** **70$ (12 classes)**

***Questions: Jennifer\_werner@dpsk12.org***

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**Parent Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact number\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teacher/Grade\_\_\_\_\_\_\_\_\_\_\_\_**

**Food Allergies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cash or checks, make payable to Jennifer Werner \*\* Turn into office.**