

# Yoga for KIDS

## 3<sup>rd</sup>-5<sup>th</sup> grade

### 10 reasons for kids yoga:

1. *Helps to grow strong and balanced bodies.*
2. *Increases their focus and self-awareness.*
3. *Promotes self-esteem and acceptance.*
4. *Begins the foundation of building a mindful practice.*
5. *Cultivates a peaceful, relaxed state of body and mind.*
6. *Gives them tools to manage their stress.*
7. *Helps to grow their imaginations and creativity.*
8. *Encourages kindness and compassion in social interactions.*
9. *Enhances breath awareness.*
10. *Gives them a safe space to express themselves.*

### INFORMATION:

**When:** TUESDAYS:

Starting SEPTEMBER 11<sup>th</sup> -NOVEMBER 27<sup>th</sup>

\*\*\*No yoga on October 23<sup>rd</sup>

**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:** 60\$

**Questions:** [Jennifer\\_werner@dpsk12.org](mailto:Jennifer_werner@dpsk12.org)

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

Student \_\_\_\_\_ Teacher/Grade \_\_\_\_\_

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

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

# **Benefits of Yoga Classes** **for Children**

- Builds social skills and encourages team-building
  - Increases awareness and emotional stability
  - Improves coordination and flexibility
  - Helps to develop self-control and self esteem
  - Teaches breathing techniques that enhance performance and lessen stress
  - Gives kids tools to relax and calm down
  - Builds strong bones and strengthens the immune system
  - Sets groundwork for a healthy lifestyle
  - Improves posture and balance
  - Improves focus and attention
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