**Yoga for KIDS**

***Kinder-5th 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:** *WEDNESDAYS:*

*Starting SEPTEMBER 11th – DECEMBER 4th*

**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:** **65$ (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.**