

Yoga for KIDS

Kinder-2nd 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 12th -NOVEMBER 28th

****No yoga on Halloween, Oct. 31st.*

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

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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