

Yoga for KIDS
Kinder- 3rd grade
Session 1 (Jan-Feb)

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: (8 classes)*

Starting January 8th –February 26th

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: \$48

Questions: *Jennifer_werner@dpsk12.org*

Parent Name _____ Contact number _____
email: _____

Student _____ Teacher/Grade _____

Food Allergies _____

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