

Yoga for KIDS
Kinder- 3rd grade
Session 2 (March-April)

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 MARCH 4th –APRIL 29th

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.