



# AFTER SCHOOL YOGA CLASSES AT BEALL

## ELEMENTARY

### GRADES K-5

#### Class Description

Yoga is an ancient healing practice known to calm the body, mind, and emotions. In this playful yoga class designed especially for elementary aged-children, children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and give children the tools to manage stress in their daily lives. Games, stories, and music will be incorporated into this fun, non-competitive class.

Children should bring their own yoga mat to class.

#### Dates & Times

Thursdays 3:40-4:40 p.m.

1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7

#### Cost:

\$145; early-bird discount - receive \$10 off registration cost if registered and paid by 12/31/18 with promo code: WINTER10

\*Need-based scholarship and sibling discounts available.  
Contact [info@shiningkidsyoga.com](mailto:info@shiningkidsyoga.com) for application

**Register online at: [www.shiningkidsyoga.com/registration](http://www.shiningkidsyoga.com/registration)**

#### Questions? Contact:

**email:** [info@shiningkidsyoga.com](mailto:info@shiningkidsyoga.com)

**call:** 240.277.2683

#### PTA Sponsored Activity

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