

Yoga & Meditation Club



Benefits of Yoga:

- develop body awareness
- increase confidence and self-image
- build concentration
- cultivate mindfulness
- improve coordination and balance
- manage stress through breathing
- connect mind, body and breath

Benefits of Meditation:

- rest the mind, body and spirit
- live in the present moment
- enhance focus and self-awareness
- spark creativity
- improve psychological functioning
- improve empathy and respect for others
- learn calming techniques
- improve self-regulation

Practice Information:

- **Who:** Students ages 3 – 6 (Limited to 12 students)
- **When:** Tuesdays from 3:30 – 4:30pm
- **Cost:** \$115*, which includes a yoga mat (cash or check payable to Niki Cooper)

This club will start on Sept. 11th and run until Nov. 13th.

Families are encouraged to join in on our Nov. 13th practice where our little yogis will be prepared to teach the unique club sequence.

** standard after school rates apply*

