



AFTER SCHOOL YOGA CLASSES AT DUFIEF 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 3:25-4:30 p.m. 9/27, 10/4, 10/11,
10/18, 10/25, 11/1, 11/8, 11/15

Cost:

\$145* for 8-week session; early-bird discount:
take \$10 off registration with promo code
YOGA10 if registered & paid by 9/14

*Need-based scholarship and sibling discounts
available. Email info@shiningkidsyoga.com

Register online at: www.shiningkidsyoga.com/registration

Questions? Contact:

email: info@shiningkidsyoga.com

call: 240.277.2683

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