



Geneva Elementary School



Grades K-3

Tuesdays, 2:30 - 3:30pm

8 Weeks: 1/14 - 3/3/2020

Our kids yoga class is designed to give kids the tools they need to be resilient in body, mind and being. Through yoga poses and practices they will learn to transform stress into ease, remain calm in challenging situations, and improve body awareness and proprioception. In this 8-week session, students will explore yoga principles through stories, yoga poses, breathing and relaxation techniques, and fun yoga games. Wear comfortable clothes and bring a yoga mat if you have one. Meets in Mrs. Miller's Room 22.

This program is presented by Flux Power Yoga and taught by qualified instructors who love teaching to kids!

Register: www.6crickets.com \$104

Limited scholarships available

**Contact Flux Power Yoga with questions
kidsyoga@fluxpoweryoga.com**