

AFTER-SCHOOL KIDS YOGA

Join us outdoors at SBA!



JK - 2nd | Mondays, 3:30 - 4:30 | Apr 5 - May 10
\$100 for the 6 week series

AFTER-SCHOOL YOGA CLASSES INCLUDE:

- Developmentally appropriate yoga themes and philosophy.
- Non-competitive games that challenge students' coordination, dexterity, focus, memory, and teamwork.
- Energetic, playful movement including fun yoga poses and sequences.
- Calming and focusing breath exercises with mindful guided meditations.

Classes will be held outside on the field and limited to 12 students.

Masks will be worn at all times.

Scheduled makeup days in the case of rain: May 17 & 24.

FOR MORE INFORMATION:

hello@habitatyoga.com | 615.346.9450 | www.habitatyoga.com

