

# KID'S YOGA & MINDFULNESS

**Riverview Academy Math &  
Science**

**Wednesdays  
3:30-4:30PM**

**September-December  
12 wks-\$175**



YOGA SOUNDS GOOD

**Coleen McGrath 813-244-0274**  
**[www.yogasoundsgood.com](http://www.yogasoundsgood.com)**



**Sign up  
now**

## KEY BENEFITS:

- Reduces Stress
- Increases Focus
- Increases Positivity
- Supports Mental Health
- Strengthens Self-Esteem

## CLASS INCLUDES:

- Yoga Poses
- Music & Art
- Story Telling
- Breathing Exercises
- Relaxation Techniques

**\*Classes taught at age appropriate levels and easily accessible for kids, ranging from 4-12 yrs.**

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