



# YOGA

*Adventure Kids*

## YOGA ADVENTURE WINTER SERIES

At Chestnut Hill Academy

**Sign your child up for** a fun and engaging series that will teach them yoga and mindfulness practices through songs, games, and stories. Each weekly practice includes deep breathing, sun salutations, a variety of accessible postures, a peaceful meditation and gratitude circle.

**Benefits include:** Increased focus, improved posture, builds strength and flexibility, provides tools to relieve stress and regulate emotions, improve self-control, increase confidence, and improved balance and coordination.

**Tuesdays:** 3:45-4:45pm

**Class dates:** January 9, 16, 23, 30, February 6, 13, 27, March 5, 12, 19, 2024.

**Limited space available!** Sign up *TODAY* to reserve a spot for your child.

**Price:** \$300 per student for the 10 class series.

**USE THIS LINK TO SIGN UP:** [CHA After School Yoga](https://www.yogaadventurekidsnw.com)



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