

# KID'S YOGA & MINDFULNESS

**Riverview Academy of  
Math & Science  
Thursdays 3pm  
Jan 25th-May 16, 2024  
\$210/15 weeks per  
child**

**\*Sibling discount**



YOGA SOUNDS GOOD

**Coleen McGrath 813-244-0274**

**[www.yogasoundsgood.com](http://www.yogasoundsgood.com)**



**Sign up  
now  
online**

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

**\*Classes are 45 min in length)**

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## 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

