

KID'S YOGA & MINDFULNESS

**Valrico Lake Academy of
Math & Science
Wednesdays
Sept 11th-Dec 11th
12 weeks/\$170 per child
*Note-No class 10/9***



YOGA SOUNDS GOOD

Coleen McGrath 813-244-0274
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

