



# WINTER YOGA SERIES

## Chestnut Hill Academy

**SIGN YOUR KID UP** for a fun and engaging series that will teach them yoga and mindfulness practices through songs, games, and stories. Each session will include deep breathing techniques, sun salutations, a variety of accessible postures, a kid-friendly peaceful meditation and a gratitude sharing circle.

**TUESDAYS:** 3:45–4:45pm

**CLASS DATES:** January 7, 14, 21, 28, February 4, 11, 25, March 4, 11, 2025.

**PRICE:** \$315 per student for the 9 class series

**LIMITED SPACE!** [Register HERE](#) TODAY to reserve a spot for your child.



**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.



[www.yogaadventurekidsnw.com](http://www.yogaadventurekidsnw.com)

