

KID'S YOGA & MINDFULNESS

Valrico Academy

Wednesdays

January 15-May 15, 2025

16 weeks/\$224 per child

Note-No class 4/23



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

