

GROUNDING KIDS

YOGA · LAUGHTER · ELEVATION

Mondays

2:20-3:30

New Prospect

K-5th grade



YOGA CLUB

January 26
to
May 11

Your Child Will:

- Have fun while practicing social, emotional & physical skills with lifelong benefits.
- Learn kid-friendly yoga poses & mindset meditations.
- Understand how to pay attention and focus both inwardly & outwardly.
- Play purpose-driven yoga games.
- Be able to use and share what they learn at home.

\$280

**Includes their own yoga mat, strap
& creative materials!**

<https://groundedkids.com/series/new-prospect-yoga-club-spring-2026/>



Taught by Sedef Dion, E-RYT, RCYT Ms. S, as the children lovingly call her, has been teaching yoga since 1999 and has developed yoga programs for children worldwide. Through breathing, movement, stories and games, Sedef teaches real yoga to kids of all ages.



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