



# MINDFUL MOVEMENT CLUBS

AFTER-SCHOOL YOGA & MINDFULNESS • GRADES K-5

Help Your Child Reset, Refocus & Recharge After School

## Kids will learn:

- ✓ Emotional regulation
- ✓ Focus & mindfulness
- ✓ Confidence-building movement
- ✓ Calming art & SEL practices



Find Your School's Dates  
& Register Here



**REGISTER EARLY—SPOTS FILL FAST**  
**VIEW ALL SCHOOL SCHEDULES:**

**[WWW.THEMINDFULNESSMOVEMENT.NET/KIDS-YOGA-WHITE-BEAR-LAKE](http://WWW.THEMINDFULNESSMOVEMENT.NET/KIDS-YOGA-WHITE-BEAR-LAKE)**

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