GROUNDEDKIDS

GROUNDEDKIDS.COM

After-School Yoga Clubs



Weekly, on-campus yoga clubs across Metro Atlanta — building strong, flexible bodies and minds through breath, movement and connection. Led by trained, trauma-informed teachers.



EVIDENCE-BASED MINDFULNESS

Focus

Breathing techniques, affirmations and poses that sharpen attention and calm anxious thoughts.



EMOTIONAL REGULATION

Calm

Guided rest and social-emotional themes build resilience and self-assurance.



JOYFUL MOVEMENT

Strength

Balance and flexibility grow through group poses, games, and gentle challenge.



Grounded Kids Yoga is a **registered and insured** enrichment provider partnering with public, private, and charter schools. Every club meets weekly, right on your child's campus — packed with games, giggles, and poses **kids genuinely look forward to**.

REGISTRATION NOW OPEN

Find Your School & Sign Up

groundedkids.com/kids-yoga-events

See your school's day, time & teacher

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