



## Kym's Mindfulness Yoga

Instructor: Kym Perritt

Enjoy yoga while developing mindfulness. The practice of yoga is designed to strengthen, align, and balance the body, focus the mind, soothe and recharge the nervous system. Students will learn and practice how to move gracefully, breathe smoothly and deeply, sustain their focus and concentration while developing strength, flexibility, mental clarity and emotional stability.

Dates: Sept., 4, 11, 18, 25

Oct., 2, 9, 16, 23, 30, Nov., 6, 13, 27, Dec., 4, 11, 18

K-3rd Grade: 3:45-4:30    4th-8th grade : 4:30-5:30

Cost: \$150.00

**Registration Deadline: Friday, August 31,2018**

**Please fill out the form and give to the office.**



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