



## Kym's Mindfulness Yoga

Enjoy yoga while developing mindfulness. The practice of yoga is designed to strengthen, align and balance the body.

Students will learn and practice how to move gracefully, breathe deeply and sustain focus.

Classes will be held on Tuesdays.

Class Dates: Jan.15<sup>th</sup>- May 28<sup>th</sup>

Please note that class will not be held during Spring Break (March 19<sup>th</sup>)

PreK 4- 2<sup>nd</sup> Grade      3:45-4:30

3<sup>rd</sup> Grade- 8<sup>th</sup> Grade      4:45-5:30

Please register by Monday, January 14<sup>th</sup>. The cost is \$150 for the semester. Please fill out the attached registration form and return to the front office.

Instructor: Kym Perritt