



## **Kym's Mindfulness Yoga**

**Instructor: Kym Perritt**

**Enjoy yoga while developing mindfulness. The practice of yoga and meditation 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: Aug., 20, 27, Sept., 3, 10, 17, 24**

**Oct., 1, 8, 15, 22, 29, Nov., 5, 12, 19, Dec., 3, 10, 17**

**Pre-K4-2nd Grade: 3:45-4:30 3rd-8th Grade : 4:30-5:15**

**Cost: \$170.00**

**Registration Deadline: Monday, August 19, 2019**

**Please return the form and payment to the front office.**