



CLASS SCHEDULE

Instructor: Kym Perritt
(407)-629-0434

August: 31

September: 7,14,21,28

October: 5,12,19,26

November: 2,9,16,30

December: 7, 14

K-2nd | 4:00-4:45

3rd-5th | 5:00-5:45

Please fill out the registration form and return it to the front office with payment attached by August 27th.

Cost: \$225

Please make checks payable to Kym Perritt. For your convenience you may use Zelle or Venmo.

BENEFITS OF YOGA & MINDFULNESS

In a time of uncertainty & anxiety, yoga is an amazing way for kids to center themselves and come back to a peaceful place. 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.

MINDFULNESS YOGA

