

# Winter Trimester Mindfulness Yoga

at



Meadows Arts and Technology Elementary School

Kindergarteners  
Thursdays 1:50-2:45  
1<sup>st</sup>-5<sup>th</sup> Graders  
Thursdays 2:55-3:55



8 Classes  
Jan 17, 24, 31,  
Feb 7, 14, 21, 28,  
Mar 7

Mindfulness Yoga with Julie significantly improves children's physical, emotional and mental well-being as they learn poses and breathing techniques that build self-awareness, confidence, compassion, patience and inner calm. In a non-competitive, nurturing environment, Mindfulness Yoga helps children focus, reduce stress and gain self-control while they develop strength, flexibility, balance and coordination.

Julie Markovitz is the instructor of this class. She is a certified yoga instructor and holds a BA Degree in Child Development and Dance. Julie has taught Yoga, Meditation and Creative Movement to children, teens, adults and families for over 30 years and is the recipient of multiple awards for her innovative programming.

Please go to [growingoutdoors.com](http://growingoutdoors.com) to register and for more details.

Remember to pack a light snack, water and comfortable shorts or pants for your child on yoga day! Growing Outdoors will provide each child with their own yoga mat to use in class!

