

# YOGA at



Meadows Arts and Technology Elementary School

## Kinder Yoga

Mon: 1:50-2:45

## 1<sup>st</sup>-5<sup>th</sup> Grade Yoga

Mon 2:55-3:55



## 7 Week Series:

Sept 9, 16, 23

Oct 7, 21 and 28

Nov 4

(No Class: Sept 30, Oct 14)

In addition to learning a wide variety of age appropriate yoga poses, children will develop centering, focusing, listening and breathing techniques that build self awareness, confidence, compassion and inner calm- tools that will last a lifetime. Yoga is an excellent practice for boys and girls who play soccer, football, baseball, basketball or lacrosse. It is also beneficial for those interested in dance, gymnastics, and acting. Yoga improves flexibility, strength, injury-prevention and sleep habits.

Certified Yoga Instructor, Julie Markovitz RYT is the instructor. Julie has completed two Yoga Teacher Training Programs and holds a BA Degree in Child Development and Dance. She has taught Yoga and Creative Movement to all ages for over 25 years and is the recipient of multiple awards for her innovative programming.

\*Yoga mats are provided. Please provide your child with a snack and water and make sure they wear comfortable shorts/pants.

To register go to:

[www.growingoutdoors.com/mates](http://www.growingoutdoors.com/mates)

For more info email: [julie@bananamoowellness.com](mailto:julie@bananamoowellness.com) website: [www.bananamoowellness.com](http://www.bananamoowellness.com)

