

# Miss Julie's MINDFULNESS YOGA at MATES

## Kindergarten Yoga

Monday: 1:50-2:45

## 1<sup>st</sup>-3rd Grade Yoga

Monday: 2:55-3:55



## 7 Week Series:

Dec 2, 9;

Jan 6, 13, 27;

Feb 3, 10

No Class:

Dec 16, 23, 30, Jan 20

Mindfulness Yoga with Miss Julie is a haven for children after-school. In addition to learning a wide variety of age appropriate individual, partner and group yoga poses, children will learn centering, focusing, listening and breathing techniques that build self-awareness, confidence, compassion, patience and inner calm- tools that will last a lifetime. Mindfulness Yoga reduces stress and improves concentration, flexibility, balance, strength and coordination.

Certified Yoga Instructor, Julie Markovitz is the creator of the award-winning Kids in Motion videos, book and soundtrack. She has completed two Yoga Teacher Training programs and holds a BA Degree in Child Development and Dance. Julie has been teaching yoga and creative dance to children for over 30 years and is also a certified Qigong, Meditation and Reiki Practitioner. She is currently rebooting her Kids in Motion into a TV series.

To register go to: [www.growingoutdoors.com](http://www.growingoutdoors.com)

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

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