

Miss Julie's MINDFULNESS YOGA at Red Oak

Kindergarten Yoga

Friday: 1:20-2:20

1st-3rd Grade Yoga

Friday: 2:35-3:35



6 Week Series:

Dec 6, 13;
Jan 10, 17, 24, 31;
No Class:
Dec 20, 27; Jan 3,
Feb 7 and 14

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

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 website:
www.bananamoonwellness.com