

Virtual Fall

Mindfulness Yoga



Banana Moon Wellness

Kindergarten Options:

Mondays 1:30-2:30
or
Wednesdays 1:30-2:30
(with 1st & 2nd Grade Students)



1st-3rd Grade Options:

Mondays 2:45-3:45
or
Wednesdays 3:10-4:10

***1st-2nd Grade Only:**
Wednesdays 1:30-2:30
(with Kindergarten Students)

4th-5th Grade Options:

Wednesdays 3:10-4:10
or
Thursdays 3:10-4:10

Especially now at the start of the school year, Mindfulness Yoga with Miss Julie is a haven for children who seek some time to relax, breath, and find calmness. In addition to learning a wide variety of age appropriate yoga poses live with their class group on zoom, Miss Julie guides children to 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.

Julie Markovitz is the instructor of this class. She is a certified yoga & meditation instructor, Qigong 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 visit www.growingoutdoors.com to register and for more details