



# Banana Moon Wellness

## Creative Yoga & Guided Meditation



Creative Yoga and Guided Meditation is an expressive arts class where children can relax, breathe, and cultivate calmness. In addition to practicing a wide variety of age appropriate yoga poses that develop flexibility, balance, strength, and coordination, children will learn centering, focusing, listening, and breathing techniques that build self-awareness, confidence, compassion, concentration and patience – tools that will last a lifetime. Towards the end of each class, Miss Julie will lead a Guided Meditation that invites children to engage their imagination while resting in stillness.

*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.*

**Mondays**

**DK-Kindergarten (2:00pm-2:45pm)**

**1st-3rd Grade (3:00pm-3:45pm)**

For More information and Online Registration:

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