



Banana Moon Wellness

• growingoutdoors

Yoga and Qigong with Miss Julie!



Each week children will learn traditional yoga poses and qigong moves that build strength, coordination, balance, and flexibility, in addition to breathing practices that develop inner calm, mind-body awareness, concentration, confidence, compassion and patience - all tools that will last a lifetime! Children who practice yoga and qigong regularly are more relaxed, centered and steady.



Julie Markovitz is the instructor of this class. She is a certified yoga, meditation, and qigong instructor, and holds a BA Degree in Child Development and Dance. Julie has taught creative movement, yoga, qigong and meditation to children, teens, adults and families for over 30 years and is the recipient of multiple awards for her innovative programming.

Mondays

DK/TK-1st Grade (3:15pm-4:00pm)

2nd-5th Grade (4:15pm-5:00pm)

www.growingoutdoors.com/spring