



Kids Yoga!

For Girls and Boys

Yoga has become quite popular for adults in recent years, but have you considered sharing the practice with your children? Yoga benefits **kids** significantly! Here are just some of the benefits:

Yoga is non-competitive

Yoga teaches self-acceptance

Yoga encourages healthy habits

Yoga teaches kids to be present and focus

Yoga teaches calming techniques

Children learn self-awareness through yoga

Yoga supports positive mental health in children

Each session will consist of learning the correct form of poses to encourage strength, balance and flexibility. Students will also learn breathing techniques and simple meditation strategies to encourage a positive and spiritual journey.

Ms. DiSessa's Qualifications:

Trained and received certification at The School of Royale Yoga in Chester, NJ.

Has been teaching yoga for three years and currently teaches yoga in Lebanon, NJ.

Grades 5-8 Class Dates: 4/13, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

Where/When: Wednesdays After school 3:15 – 4:00

Cost: \$90 * NOTE: Winter Session students \$40 due to make up sessions

Grades 2-4 Class Dates: 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/4

Where/When: Mondays After school 3:15 – 4:00

Cost: \$80 * NOTE: Winter Session students \$50 due to make up sessions

Wear: PE uniform or a change of clothes, **YOU CANNOT DO THIS CLASS IN YOUR UNIFORM**