



# H.W.MOUNTZ KIDS 8-WEEK YOGA ENRICHMENT

In this yoga class, kids will stretch and energize their bodies and minds through yoga poses, practice working cooperatively in large and small groups, be introduced to activities they may have not tried before, learn mindfulness, self-calming techniques, relaxation and MOST importantly, have loads of fun!



WEDNESDAYS, JANUARY 18TH - MARCH 15TH  
(NO CLASS 2/15)  
3:00 - 4:00PM  
GRADES K-4  
\$95/STUDENT

(MATS WILL BE PROVIDED FOR STUDENTS THAT DO NOT HAVE THEIR OWN)

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