



Ph: 571 460 8506

[www.warriorkidsyoga.com](http://www.warriorkidsyoga.com)

# The Art of Movement

## Theater, Yoga, Gymnastics & Dance

4:00pm-5:30pm

11-Week Session \$275

Begins Tuesday Sept. 30

1st-5th graders

**MOVE • CREATE • SHINE**

*A playful journey of movement, imagination, and confidence-building for kids*

Join us for a vibrant class where yoga meets storytelling, dance, and creative play! Kids will explore movement and mindfulness while unleashing their inner artist, building strength, and growing confidence from the inside out.

**Through imaginative activities, every child will:**

- **Theater:** Bring stories to life with physical theater & character creation
- **Dance:** Explore rhythm and release energy through joyful movement
- **Yoga:** Learn fun poses and “superpower” breathing for calm & focus
- **Gymnastics:** Strengthen coordination with core mat skills & playful challenges

**Sign Up**



Registration Link:  
[www.warriorkidsyoga.com/book-online](http://www.warriorkidsyoga.com/book-online)

**Disclaimer:** These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.