



# The Art of Movement

*Yoga, Dance, Gymnastics, and Physical Theater*

Wyndgate ES

7 - Week Session \$225

For Grades 1st-5th

Begins Tuesday April 22

4:00-6:00pm

Sign  
Up



Join us as we embark on a journey of self-expression and physical creativity! This exciting class invites young explorers to enjoy the dynamic world of movement through yoga, dance, gymnastics, and physical theater. Every child can unleash their inner artist, improve their physical fitness, and build confidence—all while making new friends along the way!

In this class, the students will:

- ◆ **Stretch and Breathe:** Discover the calm and focus of yoga, learning fun poses and breathing techniques.
- ◆ **Groove and Move:** Express themselves through dance, exploring different styles and rhythms.
- ◆ **Bend and Balance:** Develop strength and coordination with basic gymnastics skills, including twists and balances.
- ◆ **Act and Play:** Bring stories to life with physical theater, using movement and imagination to create characters and scenes.

Ph: 571 460 8506

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

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