

After School Yoga at Wyngate Elementary

WEDNESDAYS 4-5 P.M. GRADES K-5



Stretch, breathe, and relax with yoga at Wyngate Elementary! Children will learn yoga poses, deep breathing, meditation, and relaxation techniques in a fun, interactive environment. Each class ends with a period of meditation and deep relaxation. Each child will need to bring their own yoga mat for yoga class.

10-week Fall Session

Wednesdays, 3:50 - 5 p.m.

September 27

October 4, 11, 18, 25

November 8, 15, 29

December 6, 13

Cost: \$200

*sibling discounts and limited needs-based scholarships available
visit website for details

Register online at: www.shiningkidsyoga.com/registration