

After School Yoga at Wyngate Elementary

WEDNESDAYS 4-5:30 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.

Session 1 Dates:

9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

Cost for session 1: \$200

Session 2 Dates:

10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

Cost for session 2: \$180

Combo Registration Discount: \$30 discount for students who register for Fall Session 1 & 2 **must register for both sessions at the same time to receive the discount.** Discount will be automatically applied at checkout for qualifying orders. (can be combined with the early bird discount below).

EARLY BIRD DISCOUNT: Receive \$20 off if registered by 8/20 by using code **EARLYWYNGATE** at checkout (can be combined with combo registration discount above).

Register online at: www.shiningkidsyoga.com/registration