

# 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.

## Winter 2026 Session Dates:

January 14, 21, 28  
February 4, 11, 18, 25  
March 4, 11, 18

**Cost for Fall Session:** \$300 (payment plans/installments available)

**Black Friday Sale Discount** (valid 11/28 - 12/1 ONLY) Use code **GIVETHANKS** at checkout to take \$30 off winter class registrations.

**Early Bird Discount:** Use code **WELCOME2026** at checkout to take \$20 off winter class registrations. Valid through 11:59 p.m. on 1/2/26

**Sibling Discount:** A 10% sibling discount is taken automatically at checkout when registering two or more siblings. Please note that the discount does not apply to the first child.

\* limited needs-based scholarships available; visit [www.shiningkidsyoga.com/registration](http://www.shiningkidsyoga.com/registration) to apply for scholarships

**Register online at:** [www.shiningkidsyoga.com/registration](http://www.shiningkidsyoga.com/registration)