

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.

8-week Winter Session Wednesdays, 4 - 5 p.m.

January 17, 24, 31
February 7, 14, 21, 28
March 6

Cost: \$160

Early Registration Discount: Use code DOWNDOG10 to take \$10 off winter registration if registered by 1/2/24

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

Register online at: www.shiningkidsyoga.com/registration

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