

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 Session Dates:

January 8, 15, 22

February 5, 12, 19, 26

March 5, 12, 19, 26

Cost for Winter Session: \$275

Spring Session Dates:

April April 2, 9, 23, 30

May 7, 14, 21, 28

June 4, 11

Cost for Spring Session: \$250

Combo Registration Discount: \$30 discount for students who register for winter & spring sessions **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 1/2 by using code **EARLYWINTER25** at checkout (can be combined with combo registration discount above).

Register online at: www.shiningkidsyoga.com/registration