



AFTER SCHOOL YOGA CLASSES AT DUFIEF ELEMENTARY GRADES K-3

Dates & Times

Thursdays 3:30-4:30 p.m.

Oct 3, Oct 10, Oct 17, Oct 24, Nov 7, Nov 14,
Nov 21, Dec 5 (note: no class on 10/31, or 11/28)

Cost:

\$145* for 8-week session; early-bird discount -
\$5 off with code FALL5 if registered by 9/20

*Need-based scholarship and sibling discounts
available. Contact info@shiningkidsyoga.com
for application

Class Description

Yoga is an ancient healing practice known to calm the body, mind, and emotions. In this playful yoga class designed especially for elementary aged-children, children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and give children the tools to manage stress in their daily lives. Games, stories, and music will be incorporated into this fun, non-competitive class.

Children should bring their own yoga mat to class.

Register online at: www.shiningkidsyoga.com/registration

Questions? Contact:

email: info@shiningkidsyoga.com

call: 301-760-4171

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school