

## NOW ENROLLING

@ Barnard Elementary TK-2<sup>nd</sup> grade  
Fridays 2:15-3:15 in Coach MJ's Room

*\*TK/Kinders are escorted from their classrooms after school by Yoga teacher*  
09/15-12/15\* no classes 11/10,11/17,11/24  
11 classes for \$132

[www.wholechild.com/register](http://www.wholechild.com/register)



## Benefits of Children's Yoga

- Literacy and language development (15-20 minutes of English story time with movement)
- Develops strong, flexible & healthy bodies
- Increases concentration, focus & attention
- Cultivates a peaceful, relaxed state of mind
- Encourages creative expression & imagination
- Teaches self-reflection and self-control
- Builds self esteem & confidence
- Word of the week – affirmation
- Character education
- Fun and playful

### For More Information

**Kristina**

**(858) 271-4403**

**[kristina@wholechild.com](mailto:kristina@wholechild.com)**

### Yo Yo Yoga themes Fall Session

#### Bravery and Self Awareness

Yo Yo Yoga classes include: exercises, games, music, puppets and storytelling, to engage children physically and mentally and make yoga come to life!

**BYOM (bring your own mat) if you wish! We will provide mats as well.**