



# AFTER SCHOOL YOGA CLASSES AT BEVERLY FARMS ELEMENTARY GRADES K-5

## **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.

## **Dates & Times**

Tuesdays 3:50-4:50 p.m. **January 9, 16, 23, 30,**  
**Feb 6, 13, 20, 27**

## **Cost:**

\$140\* for 8-week session

\*Need-based scholarship and sibling discounts available. Contact [info@shiningkidsyoga.com](mailto:info@shiningkidsyoga.com) for application

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

## **Questions? Contact:**

**email:** [info@shiningkidsyoga.com](mailto:info@shiningkidsyoga.com)

**call:** 240.277.2683

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