



# *Middle School Students*

## *Grades 6-7*



## ***Yo' Kids—Yoga For Kids!™***

***6:30—7:15 pm***

***November 20, 27, December 4, 11***

***Yoga is fun and makes you feel good!***

Participants will learn techniques which promote relaxation and reduce stress to improve personal performance:

- **Breathing techniques to promote relaxation**
- **Basic yoga poses to reduce stress**
- **Mindfulness to focus on one thing at a time**

**Instructor: MaryBeth Halushka, RYT 200**

**Parent** is also **encouraged to attend classes** to observe and learn techniques to be able to provide support and encouragement after initial instruction

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**Troy Schools Service Center Board Room**  
**4420 Livernois Road, Troy**

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**\$10 per child, includes yoga mat and four sessions.**  
**Class size is limited to 10 first time participants.**  
**To register: Email [troyyouthassistance@troy.k12.mi.us](mailto:troyyouthassistance@troy.k12.mi.us)**  
**or call 248.823.5095**