



# *Elementary School Children*

## *Grades 4-5*



## ***Yo' Kids—Yoga For Kids!™***

***6:30—7:15 pm***

***February 26, March 5, 12, 19***

***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 expected to attend classes** to observe and learn techniques to be able to provide support and encouragement after initial instruction

**Troy School District Service Center Board Room**  
**4420 Livernois Road, Troy**

**\$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**