



Elementary School Children

Grades 1-3



Yo' Kids—Yoga For Kids!™

6:30—7:15 pm

October 16, 23, 30, November 6

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

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

Troy Schools 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
or call 248.823.5095**