



P A R K C I T Y
D A Y S C H O O L

After School Classes Session 3 1/23 - 2/27

Children's Yoga

Engage the heart, mind, and body in this energizing program. Children will learn stretching, breathing, and balancing poses that develop positive emotional and physical health benefits. Yoga offers children a space for creative self-expression and improved balance, coordination and strength.

Please wear comfortable, loose clothes and bring a water bottle and a yoga mat if you have one.



Location: Performing Arts Room

Instructor: Elaine Minahan

Grades: PS - 2

When: Wednesday's 3:45 - 4:45

Fee: \$75 (5 weeks)

Minimum 6 students, maximum 14 students

Enrollment will be accepted with payment only.