

Yoga Club at Phantom Lake K-3!

After-school Yoga & Mindfulness K-3rd

A great way to introduce children to the practice and many benefits of yoga and mindfulness!

Students will learn asana (postures) and pranayama (breath work) mindfulness and meditation through fun and engaging activities, journaling, art and more!

Each class incorporates the Little Flower Yoga 5 five elements of yoga & mindfulness:

Connect – activities that contain mindfulness practices that help connect to oneself and the class community.

Breathe – activities that connect to breath and bring awareness.

Move – to enhance physical health and enrich executive function.

Focus – to increase ability to pay attention and retain information.

Relax – quiet reflection and contemplation

Yoga mats, journals and all supplies are provided!

Wednesdays 12:50-1:50

Cost-\$125 8 week session

Spring Session Dates:

April-18th, 25th

May-2nd, 16th, 23rd, 30th

June-6th



BENEFITS OF YOGA FOR CHILDREN INCLUDE :

- Improved body awareness, self-control, flexibility and strength
- Enhance creativity, imagination, cooperation, confidence and coordination
- Release tension and stress
- Increase concentration, focus and attention span
- Improved emotional regulation, tools for stress management
- A greater sense of well being and respect for others
- Develop a lifetime of healthy habits; preventive healthcare

Register online @ www.thriveyogalove.com