

# Yoga Kids

Come play with us! We'll be exploring creative movement through fun games and activities.

## Children's Yoga:

- Builds strong, flexible bodies
- Improves balance & coordination
- Improves focus & concentration
- Teaches self-calming tools
- Encourages cooperation and creative expression
- Builds self esteem
- Is FUN!!!



**Thursdays, September—December**

(no class September 18)

<b>Kindergarten</b>	<b>1:30—2:15</b>	<b>Primer Room</b>
<b>1st—4th Grade</b>	<b>3:30—4:15</b>	<b>P.E. Room</b>

**\$115 for all 12 weeks**  
**\$60 for first 6 weeks**

Clothing should be comfortable and non-binding; well-fitting school clothes will be fine.

Equipment: a yoga mat, available at local stores or through Kelly for \$10.



Kelly Stokes, Kirby Hall's own Librarian, is thrilled to be bringing the joys of yoga to her students. Kelly is a graduate of the Yoga Yoga Teacher Training program and is a certified Hatha Yoga instructor.

