

YOGA KIDS CLUB



10 WK SESSION

1ST- 6TH GRADERS WELCOMED

3:15-4:15 PM

TUESDAYS

DEC, JAN, FEB

\$160

FOR SIGN UP CONTACT TARA BANE @

BLUESKYTHERAPYCENTER@GMAIL.COM

During this pandemic there are many children struggling with high levels of stress and anxiety. Their life has been disrupted in so many ways. Participating in this club offers an opportunity to learn lifelong skills of managing stress and anxiety through the yogic holistic approaches of breathing practice, awareness, healthy movement and meditation. All that is required is a yoga mat or towel, and a willingness to try!