

YOGA KIDS CLUB



5 WK VIRTUAL SESSION

2ND- 6TH GRADERS WELCOMED
3-3:40 PM WEDNESDAYS
VIA A ZOOM LINK
MARCH 17TH - APRIL 14TH

\$75

FOR SIGN UP OR QUESTIONS CONTACT TARA BANE

@

BLUESKYTHERAPYCENTER@GMAIL.COM

During this pandemic there are many teens struggling with high levels of stress and anxiety. Their life has been disrupted in so many ways. Participating in this virtual class offers an opportunity to learn lifelong skills of manage stress and anxiety through yoga's holistic approach of breathing practices, awareness, healthy movements and meditation. All that is required is a quiet space, computer access, yoga mat or towel, and a willingness to try!