

Term 3 Kids Yoga at Mt. Loafer

Why Yoga is Beneficial for Kids:

- Increased ability to concentrate.
- Increased confidence and a more positive self-image.
- Greater self-awareness.
- Clarification of how to comprehend and respond to various emotions.
- Increased appreciation for their body.
- Establishes a sense of community with others in a non-competitive way.
- Teaches children healthy habits.
- Yoga is fun!

Who: Kindergarten-6th grade students at Mt. Loafer are all welcome. Mrs. Smith is a certified yoga instructor and will be teaching the classes. Parents and teachers are welcome to join too!

Where: Class will take place in the gym at Mt. Loafer.

When: Tuesday mornings from 8:00-8:30

- January 7th
- Jan. 14th
- Jan. 21st.
- Jan. 28th
- Feb. 4th
- Feb. 11th
- Feb. 18th
- Feb. 25th
- Mar. 3rd
- Mar. 10th
- Mar. 17th

How: To enroll your child in our before school yoga program you can pay the \$10 enrollment fee to Mrs. Pruitt in the office. This fee will cover all yoga classes within Term 3.

What to bring to class: Yoga mats will be provided. Please have your child wear clothing that they can stretch/move comfortably in.

