



\$115/Student
Grades K-5

Class size:
min 6, max 15
Enroll quickly to
ensure a spot!



AFTER SCHOOL MINDFULNESS & MOVEMENT

Empowering Children to be active participants in creating their own
Heart driven, Healthy & Peaceful Lives!

Inspiring young minds and bodies to...
Learn Tools for Stress Management
Increase Physical Strength & Flexibility
Refine Balance & Coordination
Enhance Focus & Resilience
Cultivate Self-Esteem & Confidence
Improve Self-Regulation & Social Skills

Classes incorporate movement, artistic and creative outlets, relaxation & JOY. Students are encouraged to sign up with a friend & enjoy *YOUR TIME* together! No previous yoga experience needed, new and returning students are welcome.

TREMONT ELEMENTARY

1/9, SKIP JAN. 16 (NO SCHOOL), 1/23, 1/30, 2/6, 2/13,
SKIP FEB. 20 (NO SCHOOL), 2/27, 3/6 (7 WEEKS)

ENROLL AT WWW.BRIGHTYOGIS.COM