



\$132/Session
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!

TREMONT ELEMENTARY CLASSES

THURSDAYS, 3:00-3:45PM

MARCH 30, APRIL 6, 13, 20, 27, MAY 4, 11, 18

ENROLL AT WWW.BRIGHTYOGIS.COM

NO PREVIOUS YOGA EXPERIENCE NEEDED, ALL ARE WELCOME!