



\$148/Student
9 Classes
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.

-All levels of experience are welcome-

Students are encouraged to sign up with a friend & enjoy class together!

TREMONT ELEMENTARY SCHOOL

MONDAYS 3:00-3:45PM

**SEPTEMBER 11, 18, 25; OCTOBER 2, 9,
16 (NO SCHOOL), 23, 30; NOVEMBER 6, 13**

REGISTER AT WWW.BRIGHTYOGIS.COM