

After School Yoga at Candlewood Elementary

WEDNESDAYS 3:30-4:30 P.M. GRADES K-3



Stretch, breathe, and relax with yoga at Candlewood Elementary! Children will learn yoga poses, deep breathing, meditation, and relaxation techniques in a fun, interactive environment. Each class ends with a period of meditation and deep relaxation. Each child will need to bring their own yoga mat for yoga class. Masks are required during yoga class.

All instructors are fully vaccinated against Covid-19. Please visit

www.shiningkidsyoga.com/covid for complete information on covid precautions.

8-week Fall Session

Wednesdays 3:30-4:30 p.m.

9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17

Cost: \$145; early-bird discount: \$10 off if registered by 9/15; sibling discounts and needs-based scholarships available.

Register online at: www.shiningkidsyoga.com/registration