



AFTER SCHOOL YOGA CLASSES AT CANDLEWOOD ELEMENTARY GRADES K-5

Class Description

Yoga is an ancient healing practice known to calm the body, mind, and emotions. In this playful yoga class designed especially for elementary aged-children, children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and give children the tools to manage stress in their daily lives. Games, stories, and music will be incorporated into this fun, non-competitive class.

Children should bring their own yoga mat to class.

Dates & Times

Mondays, 3:30-4:30 p.m. 10/7, 10/14, 10/21,
10/28, 11/4, 11/18, 11/25, 12/2

Cost:

\$145* for 8-week session; early-bird discount -
\$5 off if registered by 9/20 - use code FALL5

*Need-based scholarship and sibling discounts available. Contact
info@shiningkidsyoga.com for application

Register online at:

www.shiningkidsyoga.com/registration

Questions? Contact:

email: info@shiningkidsyoga.com

call: 301-760-4171

PTA Sponsored Activity

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