



# Kids Yoga!

Mrs. Holwick invites boys and girls in *kindergarten thru third grade* to practice yoga on Friday afternoons! Yoga helps children improve balance, coordination, and flexibility. It can increase confidence, foster self-acceptance, and build concentration. Students will learn basic yoga poses as well as calming techniques to manage stress through breathing, mindfulness, and healthy movement.

Kids Yoga classes will meet on Friday afternoons from 3:15-4:15.

Hopefully, spring weather will let us practice our new yoga poses outside!

**Dates:** 4/5, 4/12, 5/3, 5/17, and 5/22 (Wednesday)

**Cost:** \$ 125

(All checks made payable to Gwynedd Mercy Academy Elementary with *Kids Yoga* in memo line.)

\*All participants will need to bring a yoga mat or beach towel.

To register for Kids Yoga with Mrs. Holwick, please complete the registration form below.

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Name \_\_\_\_\_

Grade \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Phone # \_\_\_\_\_

Dismissal from Kids Yoga (please select)

Green Top at 4:15 \_\_\_\_\_

Or CARES \_\_\_\_\_