

YOGA & MINDFULNESS SPRING SESSION



1st-5th Grade After-school at Elizabeth Blackwell

A great way to introduce children to the practice and many benefits of yoga and mindfulness

Students will learn asana (postures) and pranayama (breath work) mindfulness and meditation through fun and engaging activities, journaling, art and more!

Each class incorporates the Little Flower Yoga 5 five elements of yoga & mindfulness:

Connect- activities that contain mindfulness practices that help connect to oneself, the class and community.

Breathe – activities that connect to breath and bring awareness.

Move – to enhance physical health and enrich executive function.

Focus – to increase ability to pay attention and retain information.

Relax – quiet reflection and contemplation

Classes are held Thursdays 8:45-9:15AM

Tuition: \$99 -8 week session

Spring Session Dates:

April-16,23,30

May-7,14,21,28

Class size is limited. Register today!

REGISTER AT WWW.THRIVEYOGALOVE.COM/EBE

