



Kids in Motion – Fun Fitness

## Yoga for Kids

\*This is a Bonnie Brae PTO Sponsored Event\*

**Grades:** K-5      **Class Time:** 3:30-4:30pm      **Location:**

**Mondays:** Jan 23, 30 Feb 6, 13, 27 Mar 6, 13, 20 = 8 classes (no class Feb 20)

**Registration:** \$113.00 Visit <http://www.novakidsinmotion.com/registration/> to sign up

### Benefits of Yoga:

- Teaches mindfulness
- Kids make friends
- Get moving after school
- Focuses on your personal best
- Provides a calm environment



### Class Description:

Yoga is designed for children in grades K-5. Yoga instructors use a variety of teaching methods and activities, such as poses, meditations, drawings, music, books, sing a longs, stories, and games to develop focus, flexibility, strength, and calmness. Session after session yoga is a continual promotion of doing your personal best, without competition. Children do yoga activities individually, in pairs, and as a group. Yoga Kid instructors may be certified through one of many Yoga organizations and receive further training by Kids in Motion certified Yoga Kids instructors.

### Be advised:

While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the Instructor, Kids in Motion, the school, the PTO or related officers and members liable for any accident that may occur. Also, photos or video may be taken during classes or other events and may be displayed on KIM related materials or websites.

Contact us: **703-927-8653** or [eleni@novakidsinmotion.com](mailto:eleni@novakidsinmotion.com)

Visit us: [novakidsinmotion.com](http://novakidsinmotion.com)