

6 week Kids Yoga and Mindfulness Series at



With Martina Kruger

Wednesday October 14th-November 18th 2020

5:00-6:30pm \$120 (pre-registration required by Oct.7th)

(This series will run with a minimum of 8 children ages 6-13)



In this 6 week series we will explore mindfulness, wellness, emotions, senses, and effective communication through the use of breathing techniques, read alouds, creativity, group discussions, journal writing and our yoga practise. We will develop our awareness and language as we learn about these themes whilst building our resilience, and confidence. Our discussions will focus on building strategies and developing our skills to express our feelings and thoughts in a positive manner. Our yoga practise will be both playful and serious as we dive into learning different poses that will increase our strength, and flexibility. Parents and children can expect a positive learning environment filled with sharing, laughter, and character building.