



# *Elementary School Children*

## *Grade 2*



## ***Yo' Kids—Yoga For Kids!™***

### ***Parent & Child Class***

***6:30—7:00 pm***

***October 1, 8, 15, 22***

Partner with your child in simple yoga poses, games and breathing exercises. This fun class promotes bonding between parent and child while also encouraging mindfulness, relaxation and coordination.

- **Breathing techniques to promote relaxation**
- **Basic yoga poses to reduce stress**
- **Mindfulness to focus on one thing at a time**

**Instructor: MaryBeth Halushka, RYT 200**

**Sponsored by: Troy Youth Assistance**

**One Parent/Adult is REQUIRED to PARTICIPATE in classes with each child**

**Program held at the Troy School District Service Center Board Room  
4420 Livernois Road, Troy**

**Cost for 4-sessions: \$25 per child which includes yoga mats for  
child and parent.**

**Class size is limited to 10 first-time participants.**

**To Register: Email [TroyYouthAssistance@troy.k12.mi.us](mailto:TroyYouthAssistance@troy.k12.mi.us)  
or call 248.823.5095**