



# *Elementary School Students*

## *Grades 2-3*



# ***Yo' Kids—Yoga For Kids!™***

## ***February 24, March 2, 9, 16***

### ***6:30—7:00 pm***

Participants will learn techniques which promote relaxation and reduce stress to improve personal performance

- **Basic yoga poses to improve flexibility**
- **Breathing techniques to promote relaxation and reduce stress**
- **Mindfulness activities to increase concentration and focus**

**Instructor: MaryBeth Halushka, RYT200, RCYT**  
**Certified Children's Yoga and Mindfulness Teacher**

Parent may observe classes to provide support and encouragement after initial instruction

**Location: Troy School District Administration Building Board Room**  
4400 Livernois Road, Troy 48098

**To Register: [Click here](#) to signup and pay the \$20 Registration fee**  
or go to [TroyYouthAssistance.org](http://TroyYouthAssistance.org)

Yoga Mat is included  
Class size is limited to 15 participants

**Sponsored by: Troy Youth Assistance**

[TroyYouthAssistance@troy.k12.mi.us](mailto:TroyYouthAssistance@troy.k12.mi.us)

248-823-5095

[TroyYouthAssistance.org](http://TroyYouthAssistance.org)