



# *Elementary School Students*

## *Grades 2-3*



# *Yo' Kids—Yoga For Kids!™*

## *February 25, March 4, 11, 18*

### *6:30—7:00 pm*

*Yoga is fun and makes you feel good!*

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

- **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**

Parent is expected to attend classes to observe and learn

**Location: Troy School District Service Center Board Room  
4420 Livernois Road, Troy 48098**

**To Register: Email or call Troy Youth Assistance  
\$20 Registration fee required in ADVANCE to hold your spot  
Yoga Mat included**

Class size is limited to 20 participants

**Sponsored by: Troy Youth Assistance**

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248-823-5095

TroyYouthAssistance.org