



Elementary School Students

Grades 4-5



Yo' Kids—Yoga For Kids!™

February 24, March 2, 9, 16

7:15—8:00 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

Yoga Mat is included

Class size is limited to 20 participants

Sponsored by: Troy Youth Assistance

TroyYouthAssistance@troy.k12.mi.us

248-823-5095

TroyYouthAssistance.org