



Elementary School Students

Grades 4-5



Yo' Kids—Yoga For Kids!™

February 25, March 4, 11, 18
7:15—8:00 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 may observe classes to provide support and encouragement after initial instruction

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

TroyYouthAssistance@troy.k12.mi.us

248-823-5095

TroyYouthAssistance.org