



Elementary School Children

Grades 4-5



Yo' Kids—Yoga For Kids!™

7:15—8:00 pm

October 1, 8, 15, 22

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

Sponsored by: Troy Youth Assistance

Parent may observe classes to provide at-home support and encouragement after initial instruction.

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

**Cost for 4-sessions: \$20 per child which includes yoga mat.
Class size is limited to 20 first-time participants.**

To Register: Email TroyYouthAssistance@troy.k12.mi.us
or call 248.823.5095