



***Middle School Students
Grades 6-8***



***Yo' Kids—Yoga For Kids!™
Mindfulness & Movement
November 5, 12, 19, 26
6:30—7:15 pm***

Yoga and Mindfulness Practice

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 improve focus and learn what it means to be present**

Instructor: MaryBeth Halushka, RYT 200

Sponsored by: Troy Youth Assistance

**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

TroyYouthAssistance@troy.k12.mi.us

248-823-5095