



New!

## Kids Yoga Enrichment

Founded by a former teacher and yoga enthusiast, **My Lil' Yogi** was created to foster relaxation, self-esteem and body awareness in children. Through fun and engaging story-based yoga classes, children build strength and confidence while learning calming and mindfulness techniques.

### Benefits of Yoga:

- Increase concentration & calmness
- Strengthen muscles and develop gross motor skills
- Participate in a healthy, non-competitive physical activity
- Opportunity to tune out from electronic devices

In-school and after-school enrichment

Ages Pre-K3 through 5th grade

Weekly 30-minute classes

\$45/month



Learn more at [www.MyLilYogi.com](http://www.MyLilYogi.com)

