

AFTER SCHOOL AT WYANDOT



IMAGINATION YOGA WITH MISS BETH

LIMITED SPACE REGISTER NOW!

Mondays, 4-5pm
February 3-April 27
No classes 2/17, 3/16, and 4/13

10 week session: \$100/student

To begin the registration process, email Miss Beth: iywithbeth@gmail.com

What is Imagination Yoga?

Imagination Yoga is a curriculum-based kids yoga program that inspires real change in the lives of children. Miss Beth, a certified Imagination Yoga teacher, uses adventure stories to guide students through a yoga class designed just for them. Each adventure introduces developmentally appropriate kids yoga poses, kindness activities, calming techniques, and concentration exercises.

Winter term we will be focusing on our Kindness curriculum, using yoga as a platform to creatively help children practice kindness in a fun, powerful, and intentional way.

Made with PosterMyWall.com *Yoga mats will be provided for use in class.*