

## Yoga and Mindfulness

Our yoga and mindfulness program helps reduce stress and anxiety while promoting self confidence and awareness. Each class allows children to engage in a social, positive, and safe environment while reaping all the physical and mental benefits that yoga has to offer. Throughout the course, children will learn a series of yoga postures and how to use them effectively in everyday life. Mindfulness is key in helping to create a positive mindset and space for growth at any age. Through team building exercises and positive affirmations, we teach the children how to understand and effectively manage their feelings and emotions while maintaining a positive self image and love for oneself.



## 8 Week Program Details

### *Schedule:*

- Thursday during lunch (11:10 AM to 12:15 PM)
- First class: Oct 12
- Last class: Nov 30

### *Cost and Payment:*

- \$145 total (HST included)
- Interac e-Transfer to [chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com)

*To register, send the following information to [chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com):*

- Child's Name
- Grade
- Teacher Name
- Classroom #
- Name of Guardian
- Phone Number

### *Instructor Contact Info:*

- Natasha Giroux: 647-677-5447
- [chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com)