

## 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: Grades 1 to 5

### *Logistics:*

- **Thursdays: 11:10 AM to 12:15 PM**
- **First class: January 18**
- **Last class: March 7**
- **Location: Library Pit**

### *Cost and Payment:*

- **\$175 total (HST included)**
- **Interac e-Transfer to**  
[chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com)

### *Registration:*

- **To register, please enter your child's information at**  
<https://www.chikara-yoga.com/sign-up>

### *Social Media*

- **Follow us on Instagram! [@chikara.yoga](https://www.instagram.com/chikara.yoga)**