

YoYo YOGA

STRONG BODY STRONG MIND

NOW ENROLLING AT LYCEE FRANCAIS!

- 🌟 STORIES AND GAMES
- 🌟 MENTALLY ENGAGING
- 🌟 PHYSICALLY CHALLENGING
- 🌟 ALWAYS REWARDING



**WINTER SESSION STARTS 1/12
WEDNESDAYS 3:45 – 4:45
FOR AGES PS/MS**



- ✓ **Increase coordination**
.....
- ✓ **Stay active and engaged**
.....
- ✓ **Learn tools to reduce stress, anxiety, and frustration.**



- ✓ **Improve flexibility**
.....
- ✓ **Learn collaboration skills**
.....
- ✓ **Share emotions with friends in safe environment**



WORK YOUR MOST IMPORTANT ORGAN

The brain! Students will learn exercises to self-reflect, increase empathy and creativity, and get their mind and body active with stories, positive mantras, and sharing time.



MASTER YOUR EMOTIONS

Students learn important self-control techniques like breathing exercises, gratitude activities, and learning to positively react to all their emotions throughout the day.



STRONG BODY AND STRONG MIND

Our Yo-Yo Yoga classes are designed to strengthen core muscles, increase flexibility,, and teach important life skills for maintaining a healthy body.

The Whole Child
Learning CompanySM



\$180 for 9 Classes
1/12 - 3/16
No class 2/24
Register at www.wholechildsd.com
Space is Limited!



For More Information
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Winter After School Information Form 2021-2022

January 10th- April 8th (No class during breaks and holidays, minimum days)

This Form must be returned at School only.

Student name:

DOB:

Grade:

Parent(s) / Guardian(s) name:

Phone:

Email :

Name of After School program registered in: