

Blue Heron After School Wellness Program

BALANCING LIFE AND SCHOOL THROUGH MOVEMENT



ABOUT OUR YOUTH PROGRAM

Welcome back to school! This is going to be the best year yet! The Move Through Yoga one-hour, After School Program brought to you by Yoga in Schools, LLC is the perfect way to end the school day. Students will be moving their bodies (a lot), opening their hearts, and settling their minds in stillness. Our program ensures students are getting their social-emotional education while building physical strength and balance. Our in school classes are FUN interactive lessons taught by certified Yoga in Schools instructors.

MONDAYS AFTER SCHOOL 3:35-4:35

9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 11/4

Join us after school in the gym. All students must be picked up by 4:40.

**Minimum of 5 students required*

ONLINE REGISTRATION REQUIRED BY SEPTEMBER 3
www.movethroughyoga.org/register

PRICE

\$160 for 8 weeks first student, \$150 for Siblings.

Early bird discount with registration August 26th \$149/\$140 sibling

Registration and payment online only.

WHAT TO BRING

A healthy, **peanut free** snack to eat before class. Yoga mat, water and wear comfortable clothing.

***Mat rental available at registration \$2/session.*

We can't wait to MOVE WITH YOU!

Questions? 720.619.0933 info@movethroughyoga.org

