

YOGA & MINDFULNESS FOR KIDS



Yoga and Mindfulness helps kids Manage their big emotions through breathing, awareness, meditation and healthy movement. Build concentration. Increase their confidence and positive self-image

Instructor Whitney Moyer has enjoyed practicing yoga for over 5 years and enjoys working with her own children. She has received her RYT(registered yoga teacher)-200 hour certification, yoga teacher training for ages 2-17 as well as meditation teacher training. She loves how it helps manage stress and reset the day and hopes to be able to share some of these skills with her kids classes.

Tiny Tots Story Time Yoga
Monday 12:00-12:30 pm 3-5 year olds

FOR MORE INFORMATION OR TO REGISTER,
VISIT THE LINK OR SCAN QR CODE
<https://bcrec.recdesk.com/Community/Home>



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