



Inspiring Mind-Body Awareness

AVAILABLE AT YOUR CHILD'S SCHOOL!

Kids Yoga is a planned developmentally designed education through **Motor Skills, Physical Development, Fitness, Basic Yoga Training, and Imagery** program which prepares students' minds and bodies for academic success and physical wellness with a non-spiritual and non-religious approach.

Emphasis is also placed on self-reflection and mindfulness.

Each age group is given age & developmentally appropriate exercises & material.

Grades 3-8 - Tuesday's before school from **7:15-8:15am** at ISL Uptown Campus
(no class Nov. 20th, Dec. 26th, Jan. 2nd, Feb. 13th, Apr. 3rd)

Cost: 7 automatic payments of \$38.00 due monthly Nov. 1st – May 1st (\$10/class)
Plus \$20 yearly registration fee

Free T-shirt with Registration!

Classes begin October 24th 2017 and run through May 22nd 2018

Please email us to try a class for free!

Students may join at any time for a prorated cost

Contact us with questions at 504-564-7287 or kinderdancenola@gmail.com

To Register Visit:

<http://www.kinderdancenola.com/isl-uptown.html>