



Morning Yoga Group



8 week group
Wednesdays

Sept 20th—Nov 8th
8:00am-9:00am

Open to all school aged kids



Yoga can be a great way for anyone to start the day by:

- **decreasing stress**
- **organizing thoughts**
- **improving breathing**
- **increasing focus**

Our **NEW** Yoga and Self Regulation group will help your kids start their day off right and give them the skills to handle the stress of the upcoming school day.

Call [636.928.LEAP\(5327\)](tel:636.928.LEAP(5327))
for pricing information and
to reserve your spot!