



After School Yoga

Wednesdays | 4:45 - 5:30 PM

For students in Kindergarten through 5th Grade

In this fun and engaging class, children explore yoga through stories, music, games and props, all rooted in creative, theme-based teaching. Kids are given the space to move their bodies, release energy, and develop important skills in a playful and supportive environment.

Each session helps build motor coordination, language development, body and breath awareness and self-confidence. Classes include a balance of individual, partner, and group activities, with time for relaxation and self-reflection woven in to support emotional well-being.



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