

# Little Yogis

**Fridays, 4:15-5:00 p.m.**

**July 14, 21, 28**

**Series cost:**

**\$45 until July 13/\$60 same day**

Using movement through games and stories, Simonne Meszaros, RCYT, will teach children ages 8-11 about mindfulness and yoga.

Children are invited to bring a small pillow and blanket for relaxation and to arrive 15 minutes early to settle in and help co-create the class.

\* Pre-registration required. Limited to 12 children.

## **Yoga helps kids:**

- develop body awareness
- learn to use their bodies in a healthy way
- manage stress through breathing, awareness and healthy movement
- build concentration
- increase their confidence and positive self-image
- feel part of a healthy, non-competitive group
- have an alternative to electronic devices

Register at [theyogaconnection.me](http://theyogaconnection.me) or at Be Well Now – 462-3900

The Yoga Connection at Be Well Now  
221 E. Center Dr., Alton (across from JC Penney)  
618-467-8827 or [dmwatt33@gmail.com](mailto:dmwatt33@gmail.com)  
<http://www.theyogaconnection.me>

