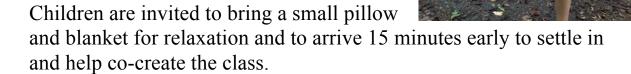
## Little Yogis

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.



\* 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 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 <a href="mailto:dmwatt33@gmail.com">dmwatt33@gmail.com</a> http://www.theyogaconnection.me