RHYTHM ‘N’ RUACH

AFTER SCHOOL YOGA
STRETCH, POSE, & BREATHE
FOR 15 WEEKS
FRIDAYS 2:30-3:30PM
(3:30-4:30 starting Feb 24)

$375 for 15 Week Session
January 6 - May 19

SPACE IS LIMITED– YOGA MATS PROVIDED

FOR MORE INFORMATION AND TO REGISTER, EMAIL SHELLEY DEAN
SHELLEY@RHYTHMNRUACH.COM OR CALL 314-494-3245

Financial Assistance Available

YOGA HELPS KIDS TO:
Develop body awareness
Learn how to use their bodies in a healthy way
Manage stress through breathing, awareness, meditation and healthy movement
Build concentration
Increase their confidence and positive self-image
Feel part of a healthy, non-competitive group
Have an alternative to tuning out through constant attachment to electronic devices