

RHYTHM 'N' RUACH®



AFTER SCHOOL YOGA

STRETCH, POSE, & BREATHE FOR 15 WEEKS

MONDAYS K-8 3:30-4:30PM



**\$400 for 15 Week Session
January 8 - May 20**

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



**No Prior
Yoga
Needed**

