Mindful Moves

In Mindful Moves, your student will be encouraged to explore balance, concentration, body awareness, and focus as tools for calming and reflecting. This class will typically feature stories, art, team building, animal and nature themes, sounds and laughter as a part of our movements!

We will learn through play and we will cultivate an appreciation for community, ourselves, and our friends!

TUESDAY AFTERNOON
OPEN TO KINDERGARTEN THROUGH SECOND GRADE

A YOGA MAT OR NON-SLIP BLANKET PREFERRED BUT NOT REQUIRED

Children's Relaxation, Stretching, and Movement