



The mission of Little Guru Kids Yoga is to offer yoga, mindfulness and meditation to children so they can experience calm, stress relief, increased focus, connection to self and others, and build self esteem.

WHO: *First Grade - Fifth Grade Students*

WHEN: *Tuesdays 3:15p-4:15p 9/3, 9/10, 9/17, 9/24 & 10/1*

*\*\*Please note that this program has limited space and will fill up quickly.*