

Primary Yoga

Wednesdays 3:45-4:30 in Bay Laurel
October 6th – November 17th



Hopping like frogs, growing like flowers, and breathing like elephants are just a few of the poses your child will be learning in this kid friendly yoga class! Yoga is extremely beneficial for people of all ages, including children. Using a curriculum designed specifically for kids, they will be strengthening the body, increasing focus and attention span, and building inner confidence and self-esteem. The mind and body will become healthy and strong while having fun at the same time!

This class is open to VMS primary students. Space is limited to 8 and on a first come first serve basis. The cost is **\$112** for 7 weeks (please make checks payable to Alicia Rickords.) Fee includes equipment and supplies. Payment options are available upon request.

NOTE: For those full day children who are not already enrolled in our after school childcare on a regular basis the following fee will apply if your child attends childcare before class:

Childcare fees from 3:00-3:45 (\$8.50 x 5.25 hours): \$44.63
(payable to VMS if applicable)