

Primary Yoga

Wednesdays from 3:35 - 4:20 in Cypress
Session 3: February 1st – March 28th



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 **\$135** for 9 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 3:00-3:30 (\$9.00 x 4.5 hours): \$40.50 (payable to VMS if applicable)