

OUR LADY OF THE WAYSIDE PRESENTS...

# Buddha Belly Kids Yoga

*Dedicated to nurturing kids' innate desire for movement and play!*



## Bendy Buddhas (K-2nd Grade)

Buddha Belly Kids Yoga is excited to offer our Bendy Buddhas class at Our Lady of the Wayside. We explore yoga through co-created poses, partner yoga, stretching, storybooks, games, and more. Children have the opportunity to let their creativity flow through our co-creation model. We incorporate traditional yoga poses, breathing, and relaxation. Through yoga, children will learn tools and techniques to deepen self-awareness, regulate emotions, build self-confidence, and cultivate creativity. Most importantly, we focus on having fun while finding the magic of yoga!

Thursdays 3:20-4:20 PM

January 23rd-March 12th

\$150 for 8-week series (Yoga mats will be provided each week)

Register Online: <https://www.buddhabellykidsyoga.com/afterschoolclasses>

No refunds will be made, unless there is insufficient enrollment. No make-ups will be scheduled for inclement weather or circumstances beyond our control. It's the parents' responsibility to remind the children about the classes. -OLW Policy



[www.buddhabellykidsyoga.com](http://www.buddhabellykidsyoga.com)