

JOIN US! BUSY BOYS YOGA!



WHO: Elementary and Middle School Boys

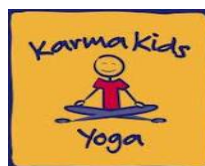
WHEN: Fridays at 6:00

WHY BOYS YOGA?

- Build social skills in therapeutic environment
- Learn self - calming techniques for home and school
- Build trust, teamwork, focus, and a sense of calm from within
- Improve thinking, problem solving, attention, and emotional control
- Develop compassion and self-confidence
- Play yoga games to support sensory processing, stress, anger, gratitude, anxiety, depression, social skills, and relationships
- Take home breathing tools to calm and energize
- Use yoga poses to sharpen sensory and motor skills
- Partnership and group activities to foster communication and social skills.
- Breathing and relaxation techniques for coping skills development

Spaces Limited!

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6 week series:

5/22 5/29 6/5

6/12 6/19 6/26

6 week package:

\$135.00