

Morning Yoga Phantom Lake

MORNING YOGA CLUB! 1st-5th Grade

Yoga is a fun way to introduce children to the practice and many benefits of yoga and mindfulness!

A great way to start the day with movement! Students will learn asana (postures) and pranayama (breath work) mindfulness and meditation through fun and engaging activities!

SOME OF THE BENEFITS OF YOGA FOR KIDS :

- Improved body awareness, self-control, flexibility and strength
- Enhance creativity, imagination, cooperation, confidence and coordination
- Release tension and stress
- Increase concentration, focus and attention span
- A greater sense of well being and respect for others
- Develop a lifetime of healthy habits; preventive healthcare



Yoga mats are provided!

Classes are held Mondays 8-8:30 AM
Spring Session Dates: April 24th through June 12th
Cost-\$25 (Scholarships Available)
Cash or Check made out to Phantom Lake PTA
Register at www.thriveyogalove.com/ple-morning



Damithia Nieves is a 200hr certified Hatha yoga instructor and Certified Children's Yoga and Mindfulness Teacher through Little Flower Yoga and is trained in trauma informed yoga for youth and mindfulness curriculum. She is passionate about sharing adaptive and inclusive yoga with children and the community.