

Edith McDermott Elementary

LET'S PLAY YOGA

Join us to explore breath, movement and stillness. Yoga philosophy will be introduced, such as Ahimsa (kindness), through games and sharing ways to practice with ourselves and off the mat. There are many benefits to yoga practice including:

- body awareness
- balance
- communication and leadership
- greater self-acceptance and development of self-care practices
- emotional awareness, needs and empathy
- better sleep and tools to self soothe
- encourages creativity and critical thinking
- improves focus, memory, concentration and self-discipline

Everyone is welcome!

Wednesdays, Oct. 5 to Nov. 30, 2022 (nine weeks)

2:30 to 3:30 p.m.

Cost \$81

Instructor: Virginia Paquete

Grades K to 3

To register go to schooldistrict42.perfectmind.com.

For more info: Craig Mitchell, 604.837.2384 or craig_mitchell@sd42.ca.

