

## Highland Park Elementary

### LET'S LEARN YOGA

Come and learn all about yoga through curiosity and exploration of breath, movement and stillness. Yoga philosophy will be introduced as tools we can use on and off the mat. Yoga has many benefits including:

- body awareness
- balance and flexibility
- 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!

**Tuesdays, Oct. 4 to Nov. 29, 2022 (nine weeks)**

**2:30 to 3:30 p.m.**

**Cost \$81**

**Instructor: Virginia Paquete**

**Grades 4 to 7**

*To register go to [schooldistrict42.perfectmind.com](https://schooldistrict42.perfectmind.com).  
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