

Ćəsǧənelə Elementary



REGISTRATION IS OPEN FROM MARCH 5 AT NOON TO APRIL 7 AT 11 P.M.

KIDS YOGA AND MINDFULNESS (GRADES K-5)

Join Jessica for playful games, calming yoga, creativity, and connection! This program blends fun yoga flows, breathing exercises, mindful games, and art projects to help little ones build confidence, body awareness, and emotional resilience. All levels welcome, no yoga experience needed!



Mondays
2:20 p.m. to 3:30 p.m.
April 13 to June 1
Location: Room 128
\$120

**No session May 18*

Students will go straight to the program at the bell.

All registrations are on a first come, first serve basis. Programs could be cancelled due to low enrolment.

To register, go to schooldistrict42.perfectmind.com.

For more info: Hannah Macdonald, (604) 837 2384 or hannah_macdonald@sd42.ca.