

NOVA Kids in Motion – Fun Fitness Programs

This is a SVES PTA **Yoga for Kids**
Sponsored Event! Sunrise Valley

@

Grades: K-6 in gym **Class Time:** 8:15am - 9:10am, students dismiss to class at 9:15am

Dates: Wednesdays Feb 1, 8, 15, 22 Mar 1, 8, 15, 22 = 8 classes (none missed)

To Register: Online Registration - Sign up for SVES PTA Enrichment Programs at PAY4SCHOOLSTUFF.COM

(Only item needed is a yoga mat but can participate without one)

Why Yoga for Kids?

- High energy, fun in motion
- Kid friendly movements
- Learn yoga poses
- Make friends
- Calm environment
- Fun activity before school

Class Description:

Offered by Kids in Motion, Yoga for Kids develops focus, flexibility, strength, and coordination through a variety of yoga poses, stories, music, sing a longs, drawings and games. These classes enhance energy while teaching children how to remain calm and centered. Children learn basic yoga movements in a fun, relaxed setting, which always promotes doing their personal best in a non-competitive environment. Other benefits of yoga include increased patience, posture, confidence, and self-esteem. Poses are learned individually, with partners, and in groups for children in grades 1-6. Yoga kid instructors may be certified through one of many Yoga organizations and receive further training by Kids in Motion certified Yoga Kids instructors.

Be advised:

While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the Instructor, Kids in Motion, the school, the PTA or related officers and members liable for any accident that may occur. Also, photos or video may be taken during classes or other events and may be displayed on KIM related materials or websites.

Contact us: **703-927-8653** or **eleni@novakidsinmotion.com**
Visit us: novakidsinmotion.com