

KSS Summer Offering #22

Course Title: **Kids Yoga**

Teacher: Mrs. D. Bagdzius

Dates: June 27th - July 1st - Group 1

July 11th - July 15th - Group 2

Grades: Students entering Grades 1-8 (see groups below)

Group 1: Grades 1, 2, 3 and 4

Group 2: Grades 5, 6, 7, and 8

Times: 8:30 AM - 9:30 AM

Tuition: District 94 Students: \$35.00 per child

Out of District Students : \$40.00 per child

Required Materials: Gym shoes, comfortable athletic clothing, water bottle

Enrollment: Minimum 5 students, maximum of 20 students per section

Questions: Contact Mrs. D. Bagdzius at (708) 447-8030, ext. 127
dbagdzius@komarek94.org

Description:

According to Yoga Journal, “Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves ... Yoga brings marvelous inner light that all children have to surface.” Enroll your child today to learn about yoga from an experience yoga teacher herself, which will allow your child to exercise, play, and connect more deeply with the inner self.