



**CHALLENGE  
TO CHANGE**  
MINDFUL EDUCATION

*upcoming classes*

During our classes, yogis explore the practices of yoga + mindfulness! We provide preventative social and emotional skills benefiting the mind, body, and emotional state. Your child will learn to connect their body and mind through stillness, movement, breath practices, games, creativity, and more. Join us for these fun and engaging classes.

## Kids Yoga

ages: **5-10yrs**

dates: **Wednesdays**

- Jan 10 - 31
- Feb 14 - Mar 6
- Mar 27 - Apr 17
- May 1 - 22

time: **5:30 - 6:30pm**

cost: **\$40**

## Kids + JR Yoga Teachers

ages: **4-8yrs**

dates: **Thursdays**

- Jan 11 - Feb 1
- Feb 8 - Mar 7
- Mar 28 - Apr 18
- May 2 - 23

time: **5:15 - 6pm**

cost: **\$40**



- **NOTICE:** Distribution of this flyer does not constitute an endorsement by the Dubuque Community School District. Any production or printing cost for these flyers was paid for by the sponsoring organization.

**3337 Hillcrest Road Dubuque, IA 52002**