

Elementary Program

Ages 6-9



A Youth Yoga Program Taught by Stefanie Gross
Certified Yoga Instructor and Move Through Yoga Founder



In the Move Through Yoga **8 week** Elementary Program, students will learn to move through yoga, to **interact** with other students through **mindful exercises**, as well as, cultivate an understanding of **personal space** and boundaries for self reflection and stillness. MTY yoginis will gain **physical strength and emotional awareness**, all through interactive lessons taught by certified educators and yoga instructors.

Tuesdays
Yoga Pod DW
May 1~June 19
4:00-5:00

\$108 for
entire program
(\$13.50/class)

\$18 drop in

Parents!

Join us for an
adult flow
class at the
same



movethroughyoga.org/ypdw 720.619.0933

Denver West Yoga Pod 14500 W Colfax Drive #131a Lakewood, CO 80401