
YOGA

Afterschool Mindfulness

All Abilities Welcome

Teaching children tools for life
through movement, play, and creativity.

Tuesdays

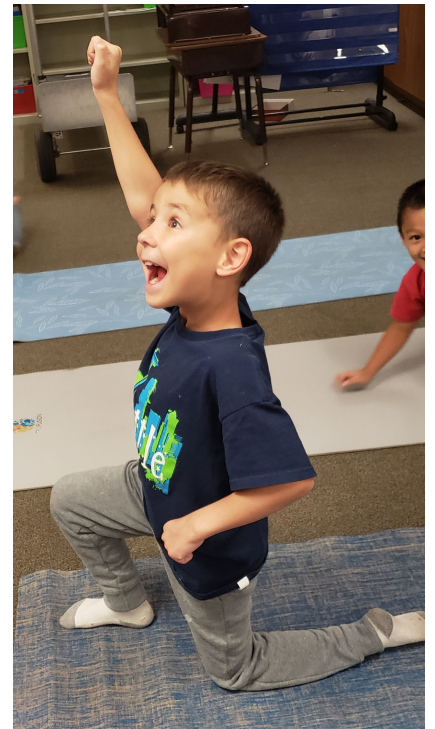
Grades K-5 from 2:30-3:30pm

Cost: \$10/class Yoga mats provided!

10% sibling discount when registering for full session

Sign up today!

YogaForLifeLV.org
or text/call 312-485-6790



Yoga For Life's after school yoga class inspires mindfulness, body awareness, compassion and creativity through imagination, yoga poses, breathing exercises and play. Our goal is to give young minds tools for life to create an inspired life, a happy community, resilience, and a bright future.



stillness. gratitude. empowerment. creativity. flexibility. strength.
