

AFTER SCHOOL ON THURSDAYS



YOUTH ALLIANCE YOGA™

JAN 13 - MARCH 24
3:25 - 4:25 PM

NO CLASS 2/17

OPEN TO ALL KIDS GRADES K-5

Youth Alliance Yoga by Mission Propelle cultivates a joyful yet peaceful atmosphere for exploring yoga and gender equity. Kids calm their bodies with postures and deep breaths while connecting with one another through kid-friendly discussions about identity and fairness. Social and emotional learning blend with movement and mindfulness to help kids feel strong and settled in who they are and how they can change the world.

REGISTER AT

www.youthallianceyoga.com/register

Cost: \$175; Email nina@missionpropelle.com