



October 3, 10, 17, 24

4-WEEK SERIES

Yoga and Mindfulness Tools for Back to School Self-Care

Creating a calm, present mind and body is much needed when balancing back-to-school schedules, homework, and daily activities. This Girl Power session blends important mindfulness teachings from the Mindful Schools curriculum with an empowering yoga practice and creative expression. Mindful movement, breathing techniques, and deep relaxation practices help to reduce stress and anxious thoughts to find calm, focus, and emotional balance as girls settle into the school year.

Girls ages 7-12

Past attendees are welcome! Each series offers fresh themes and activities.

\$60 for four-week series

Advance registration required.



May the practice of yoga and meditation cultivate kindness, compassion and care for your mind, body and heart.

1917 West 103rd Street | 2nd floor | www.beverlyyogacenter.com

Thursdays

5:30-6:30pm

WEEK 1

Stress Away – Mindfulness and Yoga Daily Routines

Creative Journal

Mindfulness Benefit: Reduced stress and anxiety, as well as improved sleep.

WEEK 2

Focus...Mindful or Mind Full?

Zen Sand Garden

Mindfulness Benefit: Strengthens focus; the ability to pay attention in school, sports, and activities.

WEEK 3

Emotion Rescue: Reaction or Response?

Emoji Craft

Mindfulness Benefit: Emotional Balance- Positive ways to cope with big emotions.

WEEK 4

Shine Bright: Halloween

Compassion Activity

Mindfulness Benefit: Increased self-kindness and compassion.