



# KIDS YOGA

## With Katherine at the Butler-Mason YMCA

**WHAT:** To assist youth in developing effective, lifelong mind-body resources to deal with stressors and/or triggering situations in a positive way.

These classes are rooted in the understanding that the Mind, Body, and Spirit are all interconnected.

The class will include breathing exercises, fun yoga poses, and exciting games to help highlight each student's mind-body awareness and body autonomy.

**COST:** \$40 member/\$50 non-member a month

**WHEN:** Tuesday at 3:45 pm for ages 8-11  
Wednesday at 3:45 pm for ages 4-7  
Thursday at 4:15 pm for ages 12-14

All classes are in the Multi Purpose room at Butler-Mason. Classes will begin Tuesday, Sept. 3, 2019.

**INSTRUCTOR:** Katherine Hanson is a certified Trauma-Informed Yoga Instructor for Youth, and is passionate about cultivating mindfulness and joy through movement.

Parents and/or guardians are encouraged to reach out to her at [lkhanon22@gmail.com](mailto:lkhanon22@gmail.com) with any questions or concerns about their child's participation in these yoga classes.



**STRESS MANAGEMENT  
COMMUNITY BUILDING  
SELF-CONFIDENCE**

