



## **Yoga & Mindfulness at the Montessori!**

A yoga practice is a series of poses choreographed with the breath. Yoga and mindful living benefit children in countless ways:

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|---------------------|-------------------------|-------------------------|
| + self awareness    | + better mental health  | + coping skills         |
| + self discipline   | + increase focus        | + grace and flexibility |
| + positive attitude | + relaxation techniques | + improves confidence   |

I would like to offer this experience to your children at the start of their day at the Cedar Valley Montessori School. **Classes would be held twice a week, Tuesday's and Thursday's 8:00-8:30am cost is \$50 a month per child.**

We will be working with breathing exercises, yoga postures, mindful behaviors, meditation, listening and teaching through song, books, games and art projects.

Contact Sarah Driscoll of Breathing Room Yoga to register your child  
[BreathingRoomYogaCR@gmail.com](mailto:BreathingRoomYogaCR@gmail.com) (319)241-7333

BreathingRoomYoga.net

