

Habitat Kids Yoga Club (Tuesdays 3:00-4:00)

- Instructor: Rebecca Kokubun
- Looking for a way to move, stretch, breathe, and relax after a long day at school? Join Mrs. Kokubun to discover yoga, meditation, and mindfulness in a way that is playful and FUN! Habitat Yoga classes include yoga poses and sequences, energy-releasing games, challenging yoga poses like headstands and handstands, calming and focusing breathing exercises, and guided meditations. This Club is great for kids who enjoy gymnastic activities, have extra energy, or have trouble focusing or self-regulating in stressful situations.
- Grades: K-4
- For more information: jenn@habitatyoga.com



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