

MONDAY 3:45 - 4:45 pm	TUESDAY 3:45 - 4:45 pm	WEDNESDAY 3:45 - 4:45 pm	THURSDAY 3:45 - 4:45 pm
		LITTLE YOGIS A Mindfulness Enrichment Program 11 Sessions 2nd Semester: Feb 8th – Apr 26th Grades K-8	
		<p>Students will learn to create a safe haven for self-expressions. Students will be taught coping and social skills, emotional regulation, body awareness, appreciation for rest and calmness, fun ways to be confident and love movement.</p> <p>Register: www.thelittleyogis.com/registration or call 678-237-9268 Email: namaste@thelittleyogis.com \$55 one-time registration fee \$300 for a semester \$65 for one month</p>	