



# Montessori Academies

# Yoga Club

with **Mrs. V**

KAY classes introduce kids to the amazing benefits of yoga and mindfulness, fostering calmness, focus, confidence, and overall well-being.

Through fun, age-appropriate poses, engaging breathing exercises, and mindfulness practices, our sessions help children manage stress, improve concentration, develop emotional resilience, and more.



## PRICING:

**30 Minute Classes  
Once Per Week**

**\$50/month average** per child  
(\$12.50/class)

**Annual Registration Fee: \$40** per child  
(Includes T-Shirt)

\*Please make checks payable to the school (MPS)

Focus
Resilience
Self Regulation
Impulse Control
**Sign Up**
Strength
Confidence
Empathy
Kindness

STUDENT NAME	ADDRESS	PHONE	AGE	GRADE

**PARENT SIGNATURE:**

**DATE:**