



YOGA & MINDFULNESS FOR KIDS

Simple mindfulness practices to help your child:

- increase attention, focus, and academic achievement
- develop breathing techniques while improving balance, strength, and flexibility through various postures
- reduce anxiety to improve learning and performance
- improve impulse control and decision-making skills
- develop emotional regulation

QUESTIONS?

Please feel free to contact: Juliet Carafello
jcarafello@ridgewood.k12.nj.us
201-670-2700 x54629

**Open to students in
grades 1-5**

Grades 3-5

**Monday mornings
3/14, 3/21, 4/4, 4/18, 4/25
7:45 – 8:35 AM:**

Grades 1-2

**Monday mornings
5/2, 5/9, 5/16, 5/23, 6/6
7:45 – 8:35 AM**

**Program cost: \$75
for 5 weeks**

**Please make checks
payable to:
Ridge School**

**“Our life is a
creation of
our mind.”**

-Buddha

