

Mindfulness & Movement

Spring 2019



Bright Yogis offers a Unique After School Program for

UPPER ARLINGTON SCHOOLS

Combining Mindfulness & Movement for Children

We are Empowering and Inspiring Young Minds and Bodies with:

Increasing Physical Strength & Flexibility for Health & Sport

Refining Balance & Coordination

Enhancing Focus & Resilience

Cultivating Self-Esteem & Confidence

Improving Self-Regulation & Social Skills

Students are Encouraged to Register with a Friend & Enjoy "YOUR TIME" Together!

Please "See Us", Contact Us & Register @ www.BrightYogis.com

Mats are provided or bring your own :) Please wear stretchy clothing

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
 Tremont 3:00 – 4:00pm (Room 150 – Music Room) 3/30 – 5/11/20 \$89				

Please note-your Bright Yogis Instructor will be responsible for students from school dismissal until the end of class

!! A portion of the proceeds supports Tremont School Association !!

CLASSES FORMING NOW! Contact us to ADD YOUR SCHOOL!

For more information, please contact us at: www.BrightYogis.com or BrightYogis@gmail.com

***Empowering Children to be active participants in creating their own
Heart-driven, Healthy and Peaceful Lives***

Mindfulness & Movement

Spring 2019



Bright Yogis offers a Unique After School Program for

UPPER ARLINGTON SCHOOLS

Combining Mindfulness & Movement for Children

We are Empowering and Inspiring Young Minds and Bodies with:

Increasing Physical Strength & Flexibility for Health & Sport

Refining Balance & Coordination

Enhancing Focus & Resilience

Cultivating Self-Esteem & Confidence

Improving Self-Regulation & Social Skills

Students are Encouraged to Register with a Friend & Enjoy "YOUR TIME" Together!

Please "See Us", Contact Us & Register @ www.BrightYogis.com

Mats are provided or bring your own :) Please wear stretchy clothing

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
 Tremont 3:00 – 4:00pm (Room 150 – Music Room) 3/30 – 5/11/20 \$89				

Please note-your Bright Yogis Instructor will be responsible for students from school dismissal until the end of class

!! !! A portion of the proceeds supports Tremont School Association !!

CLASSES FORMING NOW! Contact us to ADD YOUR SCHOOL!

For more information, please contact us at: www.BrightYogis.com or BrightYogis@gmail.com

***Empowering Children to be active participants in creating their own
Heart-driven, Healthy and Peaceful Lives***