



Mindfulness or meditation can be experienced in many forms, including; walking in the forest, mindful movement (games and yoga), painting, music, and much more! We draw on these different techniques to enrich our classes and learn life-skills.

Studio 202's Children's Team is comprised of Cyndy Powers, Alana Frogley, and Katie Keating. Together we have over 50 years experience working with children in and out of schools; teaching curriculum, yoga, athletics, mindfulness, and more! We have noticed the following benefits by supporting children and teachers through accessible and meaningful ways to experience mindfulness (meditation):

- Children are more ready to learn and be engaged in learning experiences
- Greater self-awareness to help manage potential stressors and voice their needs appropriately
- Increased sensitivity towards others, for greater cohesion in the classroom
- Greater confidence through better understanding of themselves
- Children carry these techniques through-out their life and into other areas of their life

We look forward to sharing the joys of yoga and mindfulness with Montroyal!

Lunchtime Mondays: Yoga by 202 Studio

Grades K-3

September 18 - December 11, 10 sessions

No class: Oct 9 (Thanksgiving), Oct 6 (ProD), Oct 13 (in lieu of Remembrance Day)

12:25-12:55, Gym Note: may be moved to another room on Dec 4 and 11 due to the play \$99

Studio 202 would also like to offer the staff and families of Montroyal a 10% discount on Studio 202 Classes for Adults & Children! Just use the code: COMMUNITY before Sept 9th! www.studio202community.com