



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.

We are excited to have Cyndy Power leading lunch-time Yoga + Mindfulness for Montroyal Gr 4-7 students. During these sessions Cyndy will guide the children through mindfulness and movement exercises to explore and support physical and emotional well-being. This is a wonderful opportunity to learn skills to improve focus, calm the nervous system, gain greater confidence and self-awareness.

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

## Lunchtime Mondays: Yoga by 202 Studio

Grades 4-7

January 24- March 14, 8 sessions

12:20-12:55, Gym

\$99 + GST

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 until January 15<sup>th</sup> at [www.studio202community.com](http://www.studio202community.com)