



**namasté**  
HEALING & WELLNESS

### Mindful Yoga and Wellness Classes

We welcome your children to join us for these fun, play-based classes that will nurture balance, health and optimal wellbeing. All classes include movement, games, mindfulness and relaxation techniques, while offering a safe space for kids to connect with other children and our trained teachers in a fun way. Additionally, all after-school enrichment classes located at the schools feature a demystified and practical anti-bullying curriculum to help children become emotionally intelligent leaders.



While the majority of this class is energetic, movement and play-based, through games and talks kids will strengthen their understanding of:

- Kindness
- Empathy
- Celebrating Diversity
- Listening
- Inclusiveness
- Challenging Discrimination

Classes are for both boys and girls and are tailored for differing age groups. The Preschool (Ages 3 – 6) and Kids (Ages 5 -11) Classes are faster-paced, playful and energetic for younger children or older, more active children. The Tweens (Ages 8-11) and Teens (11-13) Classes provide a fun and playful environment, while also allowing older and more mature children to find more stillness and peace.

Benefits of regular yoga, mindfulness and meditation include: Regulate mood and anxiety disorders | Improve focus and attention | Help manage ADD and ADHD | Regulate sleep | Help prevent asthma | Improve performance and memory

*Details about class times, dates and registration on reverse!*

**WWW.NAMASTEHEALING.COM**

**1260 Bergen Parkway (upstairs), Evergreen, CO, 80439  
ph: (720) 458 5282**

**We offer after-school classes at the following locations and times:**

**Namaste Healing & Wellness:** *Weekly Classes Starting Sept 2018*

Preschool Yoga	Mondays 4 – 5 pm
**Girls Club Belly Dance	Tuesdays 4:30 – 5:30
Teens Yoga	Thursdays 3:30 – 4:30
Kids Yoga	Thursdays 5:00 – 6:15
Tweens Yoga	Fridays 4 – 5 pm

	<i>Monthly Workshops</i>
First Friday Kids Yoga Night	1 <sup>st</sup> Fridays 6:45 – 9:00pm
B.Y.O. Parent Kids Yoga	See website for dates 6 – 8 pm
Early Release Yoga Camps	See website for dates 2 – 5 pm

*\*\*Girls Club Belly Dance: An empowering and safe space for tween and teen girls to be guided through cultivating their divine feminine nature. Through discussion, dance, and community, we will celebrate the yin within, explore femininity in our culture, and learn to build confidence and practice self love.*

### After-School Enrichments (All classes are on-site at the schools)

Evergreen Country Day School: Kids Yoga Tween/Teens Yoga	Session 1: <i>Sept / Oct / Nov 2018</i> Mondays 3:30 – 4:30 Thursdays 3:30 – 4:30
Marshdale Elementary School: Kids Yoga	Session 1: <i>September / October 2018</i> Wednesdays 3:40 – 4:40 in Gym
Ralston Elementary School: Kids Yoga	Session 1: <i>September / October 2018</i> Tuesdays 3:35 – 4:35
Rocky Mountain Academy Evergreen: Kids Yoga Tween/Teens Yoga	Session 1: <i>September / October 2018</i> Tuesdays 3:05 – 4:05 Thursdays 3:20 – 4:20
Parmalee Elementary School: Tween Yoga	Session 1: <i>September / October 2018</i> Wednesdays 3:35 – 4:35
Wilmot Elementary School: Kids Yoga Tweens Yoga	Session 1: <i>September / October 2018</i> Tuesdays 3:40 – 4:40 Fridays 3:40 – 4:40

Visit [www.namastehealing.com](http://www.namastehealing.com) for session pricing and to sign up. Pre-registered drop in classes available for \$17.

Contact [info@namastehealing.com](mailto:info@namastehealing.com) for scholarships

**WWW.NAMASTEHEALING.COM**

**1260 Bergen Parkway (upstairs), Evergreen, CO, 80439  
ph: (720) 458 5282**