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# Sangster PTA Presents ZenFit Kidz

# *A FUN way to Move, Feel, and Breathe!*

# ZenFit Kidz is: A yoga program being offered after school for boys and girls in grades K-6.

# ZenFit Kidz Mission: Promoting, Fostering, and Educating youth on the benefits of yoga and living healthy.

# Why ZenFit Kidz?: ZenFit Kidz offers children a non-competitive environment to become physically active, learn body awareness, and build strength, balance, and flexibility. Yoga is a physical and mental practice that children can continue to do throughout their lives. It gives children coping skills during times of stress and anxiety; builds confidence in their bodies and whole-self, and makes them feel good.

**Instruction includes:**

* Themed lesson plans each week
* Pose instruction and breakdown
* Movement and practice through games and fun activities
* Learn new ways to breathe
* Balance and flexibility focus
* Relaxation and Closing to bring it all together

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**What:** 6 Week Yoga Program

**When:** Thursdays, February 2nd to March 9th.

### Where: Cafeteria

**Time:** 7:45am – 8:45am

**Cost:** $80.00

**Registration opens Friday, January 5th.**

**To Register go to** [**www.zenfitkidz.com**](http://www.zenfitkidz.com)**.**   
Registration is open to the first 25 registrants. A minimum of 10 students is needed for the program to run. Questions, please contact Debbie Perrella at:  
 [deb@zenfitkidz.com](mailto:deb@zenfitkidz.com) or 703-627-7190