



Fall/Winter  
2020

# Gita's Yoga

Gita's yoga is designed to help children get proper awareness about their body, mind, and breath. We practice mindfulness through meditation and yoga poses in order to learn to live in the present moment.

What To Have  
Water Bottle, Yoga Mat

What To Wear  
Loose Clothing

Withdrawl Policy  
If your plans change due to Covid or other reasons, money will be refunded for remaining classes.

## Specific Details

Place: Monticello Academy / Zoom  
Days: Thursday  
Age Group: K - 2<sup>nd</sup> Grade  
Start Date: September 10  
Time: 4:00pm – 4:30pm

## Flexible Start Date

Enrollment after September 10 is welcome. Parents and siblings welcome to join at no additional cost.

## Program Cost

\$140 for 10 Classes  
Vemo Gitanjali Nayak

## Contact

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