



## **Outside the Box: Creative Tutoring Spring Class Schedule 2023**

### **Yoga**

#### **Yoga for Littles (Ages 2-6)**

6 sessions, 1 hour each, \$90

Let's welcome spring at Briggs Park with a fun and interactive 6-week yoga series for littles! Kids will be introduced to the basics of yoga and mindfulness through art, music, and storytelling. We'll take advantage of this beautiful outdoor space to work on fine and gross motor skill patterns using a variety of movement and sensory activities.

Yoga-based movement is a fun way to connect with our bodies, even at this young age! Please bring a yoga mat (or a towel/blanket will work just fine!) and a water bottle.

Instructor Elizabeth Tucker has a Master's Degree in Elementary Education (K-6) and is a certified kids yoga teacher.

For ages 2 and 3, we ask that caregivers assist children. For all other ages, we ask that caregivers remain at the park during class, but participation is optional.

A \$50 deposit will be required upon registration to hold your spot in the class as class size is limited to 8 students. The remaining \$40 will be due by the first session.

Section 1: Wednesdays, 4-5PM, April 19, 26, May 3, 10, 17, and 24

[Return to the website to register!](#)

#### **Yoga for Bigs (Ages 6-12)**

6 sessions, 1 hour each, \$90

Spring is definitely in the air...join us at Briggs Park for a 6-week after school yoga

series for older kids. We will introduce yoga and mindfulness with outdoor activities, cooperative games, and team-building challenges. Through yoga-based movement (including fun partner poses and group poses!) your child will begin to develop a more focused mind, foster a positive self-image, and grow their self-confidence. Please bring a yoga mat (or a towel/blanket will work just fine!) and a water bottle. Instructor Elizabeth Tucker has a Master's Degree in Elementary Education (K-6) and is a certified kids yoga teacher.

A \$50 deposit will be required upon registration to hold your spot in the class as class size is limited to 12 students. The remaining \$40 will be due by the first session.

Section 1: Wednesdays, 5-6PM, April 19, 26, May 3, 10, 17, and 24

[Return to the website to register!](#)