



# SoulShine Yoga

## SoulShine Start - Late Start Wednesdays

Yoga and meditation are great tools for increasing concentration and reducing stress and anxiety levels. Start your child's day in a creative and playful environment that will encourage the growth and self-awareness and healthy social skills. Through breathing and relaxation techniques, as well as physical poses to strengthen their bodies, we will create a foundation of well-being.

Grades K-4

Kristen, registered and certified Yoga instructor, looks forward to sharing her love of Yoga with her students.

Wednesdays, Sept 18 – Oct 30, 8:45-9:45 AM (Kristen will walk the students to UR)  
RACC Portable 1A (Community Ed portable directly off the UR parking lot)

Fee: \$83, includes mat fees

## SoulShine Afterschool

Your child will finish their school day in a creative and playful environment. Kids will learn how to de-stress, relax and enjoy themselves in this afterschool program.

Grades K-4

Session 1 - Tuesdays, Sept 10 – Oct 1, 3:45-4:45 PM

Session 2 – Tuesdays, Oct 8 – Oct 29, 3:45-4:45 PM

RACC Portable 1A – Students will meet Kristen in the foyer of Bldg B and walk over together.

Fee: \$43, includes mat fees

## Yoga for Teens

Kristen will share her yoga practice with the students at View/Sunset Ridge too!

Wednesdays, #1 Sept 11-Oct 2, 2:45-3:45 PM

#2 Oct 9 – Oct 30, 2:45-3:45 PM

Fee: \$43, includes mat fees



SOULSHINE  
KIDS

**Register at [ridge.revtrak.net](http://ridge.revtrak.net)**