

Independent Presbyterian Church Day School  
**Little Yogis Class**  
Thursdays 1:00- 2:00 pm  
15 sessions - \$315 (limited to 10 students)

Little Yogis Class with yoga instructor Mystie Arnold is offered as an extracurricular activity from 1:00-2:00 pm to children in the 3-year-olds, 4-year-olds and Top Dog's classes. Mystie Arnold has the highest level of certification for yoga teachers as a E-RYT 500 level yoga instructor, and has been teaching yoga to students and athletes of various ages and abilities for over 10 years. She is excited to offer her preschool yoga class to IPC Day School students. The class is designed to be a fun and playful way for young children to stretch, move, and strengthen their bodies. A growing body of research suggests yoga can improve focus, memory, self-regulation, body awareness, gross and fine motor skills, and self-esteem in young children. Mystie will also incorporate storytelling and imaginative activities into their time together.

**Winter/Spring semester session dates:**

**January 11, 18, 25**

**February 1, 8, 22, 29**

**March 7, 14, 21**

**April 4, 11, 18, 25**

**May 2**

**\*Make up day if needed: May 9**

Please use the link below to register your little yogi and sign a waiver:

<https://forms.gle/xnEBvKi5iHmoFZLB6>

Payment due on or before January 8, 2024.

Pay via Venmo: <https://venmo.com/u/sportsyogapeddler>

Feel free to contact Mystie if you have questions:

[mystiearnold0928@gmail.com](mailto:mystiearnold0928@gmail.com) or 205.410.2715

For more information on the positive impact that yoga can have in young children, see this link:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3980104/#:~:text=The%20evidence%20of%20yoga%20practice,self%2Dconfidence%20in%20everyday%20life>