

# Independent Presbyterian Day School

## Little Yogis

Little Yogis is offered on  
Tuesdays, from 8am-9am.  
This After School Enrichment class is  
led by Mystie Arnold, E-RYT 500  
and is open to 3's, 4's and 5's.

Over the past decade, Mystie has completed multiple yoga and mindfulness certifications and her experience includes teaching / coaching students and athletes of all backgrounds, ages and abilities.

Mystie's Little Yogis programs have been a success and she looks forward to continuing to share the endless benefits of yoga and mindfulness with the families of IPC Day School.

**15 Tuesdays \$315**

**August 27**

**September 3, 10, 17, 24**

**October 1, 8, 15, 22, 29**

**November 5, 12, 19**

**December 3, 10, 17**

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

[Little Yogis sign up](#)

Payment due on or before January 8, 2024

Pay via Venmo:

<https://venmo.com/u/sportsyogapeddler>

Feel free to contact

Mystie at:

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

-Or-

205.410.2715

**BENEFITS:**

In addition to developing fine and gross motor skills, as well as body awareness, yoga offers many additional benefits. A growing body of research has shown yoga can improve self-esteem, focus, memory, self-regulation, classroom behavior, in addition to reducing anxiety and stress in children.

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

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