



STRIPES is a **Systematic Training in Relaxation and Regulation; Inner Peace for Every Student**. These classes are excellent for reducing stress in all children and was especially designed to help students regulate their attention and learning issues due to ADHD, anxiety or hyperactivity.

Benefits

- Self Regulation
- Reduces fear & Anxiety
- Strengthens and relaxes the body
- Builds self esteem
- Improves concentration

Details (April 10-May 24th)

Tuesdays / Thursdays
4pm-4:45pm
Ages 5-10 (10% off siblings)
10 Class Pack \$95/Drop In \$12
Weekly Themes

Jill Murawski
RYT 200
Certified STRIPES Therapist

www.stripesyoga.com

www.fityogajill.com

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