

MIND THE BODY WORKSHOP

Register Now!
Deadline is Thursday
August 30!!!



Be strong as a lion, twist like a pretzel, dance freely to music from around the world, and then just chill...

Students will learn the basics of yoga and pilates, and connect with sound and movement through free dance. Class ends with relaxation.

Bring a yoga mat and comfortable clothes!

WHO: 4th-6th graders

WHEN: 3pm-4pm for 8 Tuesdays: 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

COST: \$140

LOCATION: LCE Cafeteria/MPR

REGISTER ON LINE AT: MINDOVERMATTERENRICHMENT.COM

No check/cash payments can be accepted. All enrollments must be done on line. Classes will be cancelled if minimum enrollment is not met by the deadline. Mind Over Matter is neither sponsored nor endorsed by LCUSD or LCE.

