

MIND THE BODY WORKSHOP

Deadline is Friday
January 18!!!
Classes start
TUESDAY 1/22



Learn the basics of yoga and pilates, connect with sound and movement through free dance and experiment with different forms of mind-body games and exercises. Class ends with meditation.

WHO: LCE 1st-6th graders

WHEN: 3pm-4pm for **8 Tuesdays:** 1/22, 1/29, 2/5, 2/12, 2/26, 3/12, 3/19, 3/26 (no classes on 2/19 or 3/5)

COST: \$140 *email us about sibling discounts*

LOCATION: LCE Cafeteria/MPR



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.

**REGISTER ON LINE AT: MINDOVERMATTERENRICHMENT.COM
Questions? Email us at mindovermatterenrichment@gmail.com**