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## *Science of Movement through Distance Learning*



*Holy Cross Hospital*  
*Broward County Public Schools Community Partner of the Year 2018*  
*Proudly Presents*  
**Science of Movement**

**Yoga and Mindfulness**

**Sessions are 30 minutes for Elementary Students grades PK-5.**

**Participants will learn mindfulness, soft-belly breathing and self-care for stress management.**

**Yoga will strengthen the muscles, improve balance and flexibility.**

**Dates: 10/11; 11/8; 12/13; 1/10; 2/7; 3/14; 4/11; 5/16**

**Two sessions per date: 9:45-10:15 and 10:30-11:00**

**Sign up: <https://tinyurl.com/ybj4gasj>**

**For more information contact: [Catherine.whitt@holy-cross.com](mailto:Catherine.whitt@holy-cross.com)**



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