

# Girls Strong

**REGISTER BY APRIL 12**

Imagine a world where women are revered for their strength, courage, creativity, and intelligence. A world where young girls are taught early on to embrace and love who they are, as they are, and to hold up and stand with each other. Now is the time to teach our young girls that they are powerful. Now is the time to teach them to shine!

**What:** Yoga, mindfulness, and running club for 3rd-5th grade girls hosted by Ms. Candace and Ms. April - 4th-grade teachers.

**When:** Tuesdays and Thursdays, April 23-May 16, 3:15-4:45, 8 sessions

**Investment:** \$150/student / Limit 12 girls

**Bring:** Clothing to be active, yoga mat, and running shoes

**During this workshop, a weekly theme will be introduced and incorporated into our practices. Questions will be posed and girls will have the opportunity to journal and discuss. Engaging the mind, body, and spirit connection will foster confidence, flexibility, physical and emotional resilience, and joy. Lifelong skills needed to be uniquely who they are in today's society.**



Not strong  
like a girl -  
just strong!

