DUPONT DOLLARS PRESENTS MINDFULNESS SUNDAYS

YOGA & ICE

FOR KOI STUDENTS ONLY*

SUNDAYS, STARTING SEPTEMBER 16, 2018
TWO SESSIONS
2PM - AGES 10 & UNDER | 4:30PM - AGES 11&UP
FDIA

*Registration required

MINDFULNESS SUNDAYS - YOGA & ICE

Did you know that yoga is your secret super power?

Practicing yoga tunes up your body and mind to help you:

- Use your body in healthy ways
- Focus your mind so you can pay attention and concentrate, on the ice and off
- Deal with stress and strong feelings in a positive, healthy way
- Feel more confident, capable and resilient
- Make healthier choices to take better care of your body, mind and spirit

How does it work?

1. Sign-up for class every Saturday. You need to be signed up by 12pm on Saturdays to be granted a spot. Space is limited - sign-up early.

2. If you're **10 and under** - yoga starts at 2:00pm. Doors close at 2:10pm. After yoga, you have to skate during the public skating session for at least 30 minutes to get credit.

If you're **11 and up** - yoga starts at 4:30pm. Doors close at 4:40pm. Before yoga, you have to skate during the public skating session for at least 30 minutes to get credit.

Yoga mats will be provided. We ask that you bring water. There are no punch cards this year. Dupont Dollars will be given out during our DD pay days.

Questions/Comments - programming@fdia.org