

Register [Bit.ly/KidsYogaRegistration](https://bit.ly/KidsYogaRegistration)
Fall 2020 [Bit.ly/AdultsYogaRegistration](https://bit.ly/AdultsYogaRegistration)



Virtual

Kids Yoga Club

with Ms. Stephanie Congo



*Oct 1 Registration
Oct 19 Classes Start
Dec 17 Classes End*

The children will gather to practice yoga poses, sing group songs, do mindfulness activities, share fun stories, meditate together, practice breathing exercises and have guided rest time. Classes will include a variety of activities to strengthen the children's skills in focus, movement, communication, patience and teamwork. We will learn practices scientifically known to strengthen the body and calm the nervous system.



PHOTOS COURTESY COACH A. MARTIN

Kids Yoga Classes

4:15–5 pm

Mon	Grades 3–5
Tues	High School
Wed	Grades 1–3
Thurs	Grades 6–8

Teachers, Staff and Parents

Evenings & Mid-Morning

Mon	5:30–6:30 pm	Chair Yoga
Wed	10 am–11 am	Chair Yoga
Thurs	5:30–6:30 pm	Mat Yoga

*Teachers, parents and kids under 5, FREE to attend Kids Yoga Classes.
\$95 per person 1 class/wk or \$120 2-3 classes/wk for Fall Quarter 2020.*

Nurturing community and connection through yoga, energy movement and meditation.

(901) 573-4522 StephanieLovesYoga@gmail.com

 Facebook: [StephanieLovesYoga](https://www.facebook.com/StephanieLovesYoga)

Virtual

Kids Yoga Club

Memphis, TN

Meet Your Yoga Instructor!

Ms. Stephanie Congo
Registered Yoga Instructor

Stephanie remembers noticing as a young child that adults who practiced yoga held a peace and calm about them that she loved. She knew that one day she would try yoga. Little did she know she would become a yoga teacher herself!



Stephanie started practicing yoga in 2001 and began teaching in 2014. She has since taught yoga to kids, adults and seniors. She offers therapeutic yoga and energy work to help people feel balanced and whole. She was called to live a more mindful life in 2011 and has since been sharing and expanding her innate gifts of uplifting and healing others. People are delighted to be in her calm presence and value her deep connection to serving others. "Her heart is in the right place." She is honored to share this love of yoga and mindfulness in the greater Memphis, TN area, and beyond!

**Stephanie Talking about Yoga on:
cityCURRENT Memphis Radio Show**

<https://citycurrent.com/blogdetails/2044/Radio-Show-Stephanie-Loves-Yoga-Memphis>



Yoga Instructor Stephanie Congo leads a Kids Yoga Class with Shelby County Mayor Lee Harris and school officials at Grahamwood Elementary in Memphis, TN on Thursday, March 5, 2020.

PHOTOS COURTESY ARIEL COBBERT/THE COMMERCIAL APPEAL