



Yoga and Mindfulness for Middle School

Grades: 5th – 8th

Class Description:

This class focuses on introducing tweens & teens to yoga & mindfulness tools they can use to reduce the effects of stress in their lives, navigate social challenges, promote a healthy self-image, and increase physical strength & flexibility. Each class will be based around a relevant theme and will include a series of age-appropriate yoga poses, accessible breathing exercises & meditation practices, and discussion of how to take what they learn off their mats and apply it to their lives.

About the Instructor:

Mary-Ann Mastreani is the Owner and founding instructor of the well-loved Hastings Yoga Studio. She's been teaching yoga and meditation to children, tweens, and adults for nearly 3 decades! Along with her yoga expertise, she holds advanced degrees in counseling psychology and expressive arts therapy.

For Further information:

Please contact Nicole Higgins at (914) 478-2380 ext. 641 or
nhiggins@hastingsgov.org
Register online at <http://www.hastingsrecreation.org> or
in person at The James Harmon Community Center

THURSDAYS

4:30PM - 5:30PM

**1/12, 1/19, 2/2,
2/9, 2/16, 3/2**

COST: \$150.00

**CLASS HELD AT
JAMES HARMON
COMMUNITY
CENTER**

**Hastings Recreation
Department
44 Main St.
Hastings-on-Hudson
NY, 10706
(914) 478-2380**