





Visit the [Full Bloom Facebook page](#) or contact Zoe Gates at 847-751-0485 or fullbloomcyam@yahoo.com to learn more. Programs must be scheduled two weeks in advance, and an additional fee may be included for travel outside the Grand Rapids area.



Program	Cost	Attendees	Other
<p>Introduction to Yoga and Mindfulness </p> <p>This is a fun, play-based introductory one-hour children's yoga class. Participants will explore beginner's level yoga poses while also learning about breath work, simple forms of meditation, and basic concepts of mindfulness. The value of yoga practice as part of a physically and emotionally healthy lifestyle will be discussed and demonstrated. This yoga class incorporates music, games, and traditional yoga poses to provide the participants with an enjoyable and well-rounded experience.</p>	\$15/Girl	5 min 20 max.	<p>Available weekday evenings and on the weekends, instructor will travel to your location.</p> <p>A Fun Patch will be given upon completion of event. Troops can choose to participate in a craft as well.</p>
<p>Youth Yoga and Mindfulness </p> <p>This is a one-hour youth yoga class. Participants will explore yoga poses while also learning about breath work, simple forms of meditation, and basic concepts of mindfulness. This level class will explore these concepts in greater depth. The value of yoga practice as part of a physically and emotionally healthy lifestyle will be discussed and demonstrated. This yoga class incorporates music, games, and traditional yoga poses to provide the participants with an enjoyable and well-rounded experience.</p>	\$15/Girl	5 min 20 max	<p>Available weekday evenings and on the weekends, instructor will travel to your location.</p> <p>A Fun Patch will be given upon completion of event. Troops can choose to participate in a craft as well.</p>