

**COLLABORATION  
STATION™**



**Community Class!**

**1194 Oakfield Avenue  
Wantagh, New York 11793**

**(516) 548-7192**

**Collaborationstationny.com**

# Mindfulness Yoga

Collaboration Station is thrilled to present the opportunity to participate in Mindfulness Yoga sessions! Engaging in mindfulness entails utilizing various techniques such as controlled breathing, visualization, and more to achieve a state of relaxation for both the body and mind. Attendees will acquire knowledge and practice mindful therapeutic movements that positively impact bodily functions, brain chemistry, and behavior. This will all take place within a safe and non-critical environment, allowing for an enjoyable experience in a one-of-a-kind learning setting.

All The benefits that Mindful Yoga can provide are:

- \*Coordination & Balance
- \*Stress Management Techniques
- \*Self Confidence/Self Regulation
- \*Physical Strength
- \*Social Interaction
- \*Flexibility

Class Requirements:

- Wear comfortable clothing
- Please bring your yoga mat



**Luana Halili**

Just Fun, Love & Kindness!

Collaboration Station encourages elementary-age children to join mindfulness yoga with us!

Classes will meet weekly for eight weeks for one-hour sessions.

The cost is \$75.00 per class.

To attend, please scan the QR code  
or email us at [Collaborationstationny@gmail.com](mailto:Collaborationstationny@gmail.com)

