



**KIDS RISE UP:  
RESILIENT  
INSPIRED  
STRONG  
EMPOWERED**

middle school is hard.

yoga can help.

try yoga + mindfulness to feel  
calm, happy, confident, + healthy.

free 10 week session starting

January 16, 2019

email [kait@lotuscounselingct.com](mailto:kait@lotuscounselingct.com) to register

**FREE AFTER  
SCHOOL CLUB**

