



SIGN UP NOW AT [LAEF4KIDS.ORG/AFTERSCHOOL](https://www.laef4kids.org/afterschool)

UPLIFT YOGA



THE DETAILS

- ★ Mondays from 3:30 - 4:30
- ★ April 15 - May 20 (6 Sessions)
- ★ Room = Well Space
- ★ Los Alamitos High School
- ★ **\$1 Registration Fee - Thanks to LAEF donors!**

WHAT IS UPLIFT?

Join UPLIFT for our 6-week series where you'll leave feeling connected and relaxed. Throughout the session you will have the opportunity to move through yoga practices, guided meditations, journaling activities, and more. We are so excited to meet you!

yoga | mindfulness | meditation | community



LAEF

LOS ALAMITOS EDUCATION FOUNDATION



UPLIFT
YOUTH FOUNDATION