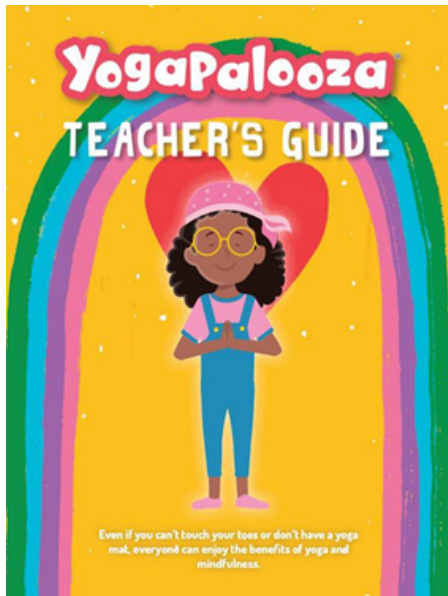


Unpacking Mindfulness with YogaPalooza!

A program that helps teachers, children, and families to focus, relax, strengthen, and calm with fun breathing techniques, engaging mindfulness, original music, and yoga.



An easy yoga curriculum set to classic kids' songs and original music provided by recording artist and yoga expert Bari Koral.

Learn more about YogaPalooza:
<https://yogapalooza.com/>



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Early Learning Coalition
of Flagler & Volusia