

movement studio

2nd floor behind
Dallas Cowboys shop

APRIL 2–11

ALL YOGA CLASSES \$5 PER PERSON

Led by certified yoga instructors.

THURSDAY, APRIL 2

11-11:45AM | SLOW FLOW

This slow flow class focuses on holding poses longer to build strength and create flexibility in the muscles. It's a mindful practice that helps improve focus and concentration.

SATURDAY, APRIL 4

1-1:30PM | MOMMY & ME YOGA

A great activity for the family! Parents and kids learn to do many poses holding hands and each other. Often, when children see their parents do yoga, they get inspired, too.

2-2:45PM | GENTLE SLOW YOGA

This slow flow class helps beginners understand yoga and the importance of maintaining good posture while holding poses. By holding poses longer, you'll feel a better stretch in your muscles, which leads to greater mindfulness in your practice.

SUNDAY, APRIL 5

2-2:30PM | KIDS YOGA*

Kids practice yoga in a fun way with sequences that help them stretch and strengthen their hamstrings, shoulders, hips—and most importantly—calm their mind.

3-3:45PM | STRETCH & FLEXIBILITY

This class focuses on neuromuscular stretches, which involves guiding stretches through slow breath work. The continuous practice of stretching helps prevent falls and injuries.

THURSDAY, APRIL 9

11-11:45AM | HATHA YOGA

This slow flow class focuses on holding poses longer to build strength and create flexibility in the muscles. It's a mindful practice that helps improve focus and concentration.

SATURDAY, APRIL 11

1-1:30PM | MOMMY & ME YOGA

A great activity for the family! Parents and kids learn to do many poses holding hands and each other. Often, when children see their parents do yoga, they get inspired, too.

2-2:30PM | CORE YOGA

This class strengthens the upper and lower parts of the core and helps release tension in the lower back. It's great for anyone who wants to become stronger all over.

*All kids must be accompanied by an adult.

**RESERVE YOUR SPOT
AT [JCP.COM/MOVE](https://www.jcp.com/move)**

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Dallas Cowboys shop

APRIL 16–26

ALL YOGA CLASSES \$5 PER PERSON

Led by certified yoga instructors.

THURSDAY, APRIL 16

11-11:45AM | SLOW FLOW YOGA

This slow flow class focuses on holding poses longer to build strength and create flexibility in the muscles. It's a mindful practice that helps improve focus and concentration.

SATURDAY, APRIL 18

1-1:30PM | MOMMY & ME YOGA

A great activity for the family! Parents and kids learn to do many poses holding hands and each other. Often, when children see their parents do yoga, they get inspired, too.

2-2:30PM | GENTLE SLOW YOGA

This slow flow class helps beginners understand yoga and the importance of maintaining good posture while holding poses. By holding poses longer, you'll feel a better stretch in your muscles, which leads to greater mindfulness in your practice.

SUNDAY, APRIL 19

2-2:30PM | KIDS YOGA*

Kids practice yoga in a fun way with sequences that help them stretch and strengthen their hamstrings, shoulders, hips—and most importantly—calm their mind.

3-3:45PM | STRETCH & FLEXIBILITY

This class focuses on neuromuscular stretches, which involves guiding stretches through slow breath work. The continuous practice of stretching helps prevent falls and injuries.

THURSDAY, APRIL 23

11-11:45AM | HATHA YOGA

This slow flow class focuses on holding poses longer to build strength and create flexibility in the muscles. It's a mindful practice that helps improve focus and concentration.

SATURDAY, APRIL 25

1-1:30PM | MOMMY & ME YOGA

A great activity for the family! Parents and kids learn to do many poses holding hands and each other. Often, when children see their parents do yoga, they get inspired, too.

2-2:45PM | CORE YOGA

This class strengthens the upper and lower parts of the core and helps release tension in the lower back. It's great for anyone who wants to become stronger all over.

SUNDAY, APRIL 26

2-2:30PM | KIDS YOGA*

Kids practice yoga in a fun way with sequences that help them stretch and strengthen their hamstrings, shoulders, hips—and most importantly—calm their mind.

3-3:45PM | STRETCH & FLEXIBILITY

This class focuses on neuromuscular stretches, which involves guiding stretches through slow breath work. The continuous practice of stretching helps prevent falls and injuries.

*All kids must be accompanied by an adult.

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