***MVA Lions ZEN DEN taught by our Music Teacher Ms. Kristina***

**WHEN:** 9/17/2026 - 12/10/2026 - Thursdays

**TIME:** 3:00 - 3:45

**COST:** $65.00

**WHO:** K-6th

Here are the details for the after school program I want to teach. Each class will explore movement/yoga, breath, meditation and gratitude. Below is a simple outline of an example lesson plan.

1. **Welcome Circle/Afterschool snack (5 min)**
    - Check-in question (Example - "What made you smile today?")
2. **Movement / Yoga (10 min)**
    - Energetic → then slow/stretchy
3. **Breathing Practice (5 min)**
    - Simple + playful (not too long)
4. **Lesson Theme + Activity (10 min)**
    - Story, game, drawing, or partner activity
5. **Quiet Time / Meditation (5 min)**
    - Guided imagery or body scan
6. **Gratitude + Closing (5 min)**
    - Share or write one gratitude