

# mindful academic tutoring



## Supporting the Whole Child

One-on-one 60-minute sessions held at Beverly Yoga Center will support your child's academic success while teaching stress management techniques. Customized based on each student's needs, sessions will include:

- homework support
- academic enrichment
- breathwork and stress management techniques

Open to K-8th grade students in all subject areas and high school students in Mathematics and English/Language Arts. Sessions are available on Thursday afternoons and evenings.

Single sessions: \$60

5-week series: \$250

Longer term options are also available.

Students will work with Liz Smith, certified elementary school educator and experienced registered yoga teacher. Liz has been teaching in the public school system for 12 years and teaching yoga since 2012.

**FOR INFORMATION ABOUT SCHEDULING,  
CONTACT LIZ SMITH:**

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[www.serendipityyogaandwellness.com](http://www.serendipityyogaandwellness.com)



*Nurturing the mind, body and heart through yoga and meditation.*