

Hello! My name is Cyd Elswood and I am so excited to be at North Point this year! I will be teaching yoga, movement and mindfulness as a PE wellness class. This is a new specialty and I am thrilled to be a part of this new adventure. When we teach mindfulness to kids, we give them the tools they need to build confidence, cope with stress, and relate to uncomfortable or challenging moments.

I recently moved to Lehi from Eagle Mountain where I taught kindergarten for 6 years at Black Ridge Elementary. I love hiking, biking and baking.

I have a wonderful husband, 3 awesome sons and a beautiful daughter-in-law.

