

Kids Yoga



Yoga for kids is a fun way for children to develop important skills in a fun, non-competitive environment. Flexibility, agility and correct postures of the body are very important for young bodies. Games, songs and stories are some of the ways we will teach yoga poses and relaxation techniques to improve concentration, focus, fitness and other skills for lifelong well being.

- Yoga increases self-awareness, concentration, focus, and attention.
- Yoga helps improve strength and flexibility.
- Yoga decreases anxiety and increases ability to relax
- Yoga helps to release stress and teaches them to breathe well

Saturdays

Preschool (3-5yrs): 9:30am – 10:15am

Youth (6 -12yrs): 10:15am – 11:00am

Set 1: Jan 14, 21, 28, Feb 4, 11, 18 [6 classes]

Set 2: Feb 25, March 3, 10, 24, 31, April 7 [6 classes]

Set 3: April 14, 21, 28, May 5, 12, 19 [6 classes]

Set 4: May 26, June 2, 9, 16, 23, 30 [6 classes]

Class held in the Multi Purpose Room

Cost: \$42.00 / set



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