



Kids Yoga

Moms & Dads bring your children 6-12 years old to experience the joys of yoga. The purpose of this class is to show children fun yoga postures that will help develop strong, flexible bodies, build self-confidence, balance, posture, coordination, strength and flexibility. We will explore a variety of postures while working with an even and measured breath.

Why yoga for children? Yoga develops many wonderful qualities in children. Besides the obvious benefits of exercising the physical body, yoga sharpens a child's ability to focus, and develops self-discipline. Yoga practiced regularly, helps children learn more about themselves mentally and physically.

Who: Children ages 6-12 years old

When: Tuesday afternoons for an eight week rolling session beginning September 11, 2007

Time: 4:00 – 4:45 p.m. for children ages 6-8

5:00 - 5:45 p.m. for children ages 9-12

Where: Aerobic Studio in the Fitness Center

Cost: \$84.00 per 8 week session



Sign-up at the Front Desk today!