

Kids Yoga

Yoga Class for Kids Ages 5 and Up!



Weekly Saturdays

10:00AM-11:00AM

Kids class now held inside Friendship Factory with an UpDog Instructor, for even more FUN! Check-in at UpDog Front Desk

\$15 per child for single class

Kids 5-Class Pack: \$55

Kids can also share a parent's current class packs



Kids Yoga That's Especially For Them!

Parents Can Attend The Basic Class In The Big Practice Room

At The Same Time, So The Whole Family Gets Their Yoga!

Come See What All The Fun Is About! Walk-ins Welcome.

Yoga teaches kids how to relax, develop body awareness, find their inner balance, build confidence, concentration and just have some fun. We'll workshop with the kids in yoga poses, mindful breathing, play yoga-themed games and quiet meditation.

Children are already naturals at Yoga so this is a great opportunity to let them express themselves in a fun atmosphere with other children. Yoga helps bring to the surface that marvelous inner light that all children have so that they may shine bright and know that they are *Amazing!*



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