



# To The Moon!

## Yoga For Kids

**FREE INTRODUCTORY SESSION!** This class for children ages 4-7 incorporates all the beneficial aspects of yoga while having fun dancing, doing poses, and playing yoga based games! In this class, your child will experience the physical aspects of yoga (strengthening, increasing flexibility) as well as the mental benefits of yoga (breathing techniques, visualization, mindfulness). The goal of this class is for your child to learn tools on the mat and then be able to use the tools "off the mat" to promote calmness, confidence, and emotional well-being. All of these techniques are taught using the Kidding Around Yoga (KAY) curriculum which incorporates cardiovascular training, fun and original KAY music, and games. No previous yoga experience required. Sign up your little Yogi today! BONUS: parents taking Insanity Classes – bring your yogis to my class while you get your workout in!



**AGES 4-7**

**Tuesday, March 20th**  
**6:00-7:00 p.m.**

**AGES 7-12**

**Thursday, March 22nd**  
**6:00-7:00 p.m.**

Badger High School



Reserve your child's spot  
by calling 262-348-2006