

KIDS YOGA

This is not your typical yoga class! Your kid's yoga instructor will use an integrated approach to teach the basic yoga poses, as well as, facilitate games, activities, relaxation, meditation, and so much more. This is a fun, engaging class that uses music and playfulness to gain the physical and mental benefits of yoga.



SESSION DATES:
 Fall 1: 9/10-10/8
 Fall 2: 10/15-11/12
 Fall 3: 11/26-12/17
 Winter 1: 1/21-2/18
 Winter 2: 2/25-3/25

COST SESSION 1,2,4, 5:
 \$35 Resident; \$52.50 Non-Resident
COST SESSION 3:
 \$28 Resident; \$42 Non-Resident

| AGE | DAY | LOCATION | TIME |
|-----------|-----------|----------|-----------------|
| 2 years | TUESDAY | ACC | 9am-9:30am |
| | WEDNESDAY | ACC | 9am-9:30am |
| 3-5 years | TUESDAY | ACC | 11:30am-12:15pm |
| | TUESDAY | ACC | 2:45pm-3:30pm |
| | WEDNESDAY | ACC | 10am-10:45am |
| 6-9 years | TUESDAY | WPRC | 5:30pm-6:15pm |



Top 10 Benefits of Kids Yoga

1. Reduces Stress
2. Improves Concentration & Balance
3. Enables Better Sleep
4. Improves General Well-Being
5. Improves Digestion
6. Increases Strength & Flexibility
7. Encourages Kind Peer & Social Interactions
8. Builds Self Confidence
9. Enhances Body Awareness
10. Improves Gross & Fine Motor Skills

