

# YOGA KIDS

**March 17th-March 21st  
2025**

**Class for  
beginners**

**SPRING  
BREAK**

**Increased awareness,  
Good posture, Proper  
breathing, Stress  
release, Confidence  
building, Concentration  
and Mindfulness.**



**Bring your favorite Yoga Mat!**

KEKUAOKALANI GYM  
KAILUA KONA  
BIG ISLAND

