

# KIDS YOGA

NOW OFFERING TWO INDIVIDUALIZED CLASSES!

## LITTLE YOGIS:

MUSIC & MOVEMENT

AGES 4–7

Wednesdays 3–3:45pm



In this playful and heart-centered class, children will explore the joy of yoga through **music, movement, and imagination**. We'll dance, stretch, and play yoga games that introduce the basics of yoga poses in fun, easy-to-remember ways.

Each class includes gentle **conversations about emotions**, helping children recognize and express how they feel, along with **simple breathing and calm-down strategies** they can use anywhere. Through songs, stories, and mindful play, young yogis build confidence, coordination, and a sense of calm, all while having so much fun!

## GROWING YOGIS:

STRENGTH & BALANCE

AGES 8–11

Wednesdays 4–5pm

This empowering class invites older children to deepen their yoga practice with a focus on **alignment, strength, and self-awareness**. Students will learn to refine familiar poses, explore more challenging ones like **arm balancing postures and beginner inversions** (headstands, handstands, etc.), and even create their own yoga sequences. Along the way, we'll explore **social-emotional tools** through guided partner and group discussions, connecting yoga to real-life experiences such as friendship, stress, and confidence. Each session encourages teamwork, self-expression, and mindful growth on and off the mat.



WEDNESDAYS @ OM SHANTI YOGA

January 14th - March 4th  
total for 8 weeks: \$216

Board Certified Behavior Therapist  
M.S. Exceptional Student Education

200hr Certified Yoga Teacher  
B.S. Early Childhood Development

