

The official launch date of this program is September 6th!

We have 2 promotions running for our fall lineup.

Our "1 time a week" program:

is geared towards the child who is already active in a sport and would like to add yoga to their schedule to keep them loose and limber during their down time. In the event the student misses a class there will be one make up class for this package.

Our "2 times a week" program:

is geared toward the child that has no extracurricular activities and yoga is their primary sport. In the event the student misses a class there will be up to 2 make up classes for this package.

We honor whatever circumstance your child comes to our studio regardless of what package you / they choose. If it is for fostering emotional intelligence, developing strength & flexibility, creating a healthy self-image or just because they want to try yoga, we've created a great environment to facilitate all of the above!

Both programs are based under a "learn to do yoga" concept. What that means is teaching a child the basics of yoga, incorporating movement, mindfulness, breath work

and meditation into every class. This class is for beginners and our more experienced yogi's as well.

Here's how it works:

1. Pick your package.
2. Make your purchase.
3. Look at our schedule, book your classes, mark your calendar.
4. Get them to yoga!

We will handle the rest.