



KEMETIC CLE KIDS

DEVELOPING SOCIAL AND EMOTIONAL AWARENESS THROUGH INTENTIONAL
BREATHING AND MINDFUL MOVEMENTS



WHAT WE OFFER?

- KEMETIC YOGA SESSIONS
- FOLLOW UP CONVERSATIONS
- KEMETIC YOGA GAMES
- CALMING BREATHING TECHNIQUES
- YOGA MATS (UPON REQUEST)

CUSTOMIZE YOUR PROGRAM'S SESSION
TODAY!

WHAT IS KEMETIC YOGA?

KEMETIC YOGA IS A FUN AND GENTLE WAY TO MOVE OUR BODIES, BREATHE DEEPLY, AND FEEL CALM. WE STRETCH LIKE ANIMALS, STAND LIKE PYRAMIDS AND LEARN HOW TO RELAX AND FEEL PEACEFUL FROM WITHIN.

BENEFITS OF KEMETIC YOGA

- IMPROVES FOCUS
- REDUCES STRESS
- INCREASES RELAXATION
- BOOSTS CONFIDENCE
- ENCOURAGES MINDFULNESS
- DECREASES UNWANTED BEHAVIORS



SPOTS ARE FILLING UP FAST-CONTACT US
TO ENROLL YOUR PROGRAM.