



Camel pose

# KIDS YOGA



Tree pose

**ENROLLING  
NOW!**

## **YOGA WITH MRS. KALI**

*Ages 3-15 years old*

Traveling Kids Yoga with Mrs. Kali brought to your Montessori, preschool, school, church, youth group, home daycare and or homeschool group!  
Classes offered once a week, 4 classes per month. Year-round classes or special events available.

*30-45 minute classes*

Option #1. 30 Minute Class  
held once a week, \$50.00 Monthly Tuition Fee

Option # 2. 45 Minute Class  
held once a week, \$75.00 Monthly Tuition Fee

Yoga Classes include-learning yoga poses, stretching, light strength training, short mindfulness meditation, parachute, tunnels, games, bubbles, hand stamp or sticker & monthly themed lesson plans.

*boys & girls*

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Yoga improves balance, strength, endurance, and aerobic capacity in children.



**CONTACT US**

PHONE: 817-821-2066

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WEBSITE: WWW.YOGAWITHKALI.ORG