



Karma Kids Yoga at CATS

Open House Registration

Get 10% off

When you sign up at one of the Open Houses

Tuesday, June 18th

Wednesday, September 4th

Thursday, September 5th

Baby Yoga & Developmental Movement (6 weeks - new walkers) 9:30 – 10:00 am

This unique class is for babies only! Learn Baby Yoga exercises to strengthen growing muscles, aid in digestion, promote better sleeping patterns, and help your infant towards their next stage of development. We will help our little ones into yoga poses and developmental exercises as we sing, dance and play! We'll make tummy time fun, work on brain development skills, as well and build strength for sitting, scooting, crawling and walking. This class is too sweet to miss! Moms, Dads and caregivers are welcome! Class is 30 minutes.

Cost: 10 classes: \$180

5 classes: \$95

Drop in: \$20

Parent & Child (strong walkers - 3 yrs) 10:30—11:15 am

Partner with your toddler in fun, animated poses as we take a yoga adventure that your child will never forget! We'll bark in downward dog, hiss in cobra pose and flutter our butterfly wings as we stretch, sing, balance, twist, bend and play yoga! We'll plant lots of seeds for connection, courage, body awareness, self-regulation, kindness, finding our calm, sharing, and for bonding between parent & child, all while strengthening growing muscles and using our imaginations. Caregivers welcome. Class is 45 minutes.

Cost: 20 classes: \$500

10 classes: \$300

Drop in: \$35