

Kids Yoga



Thursdays

4:00 – 5:00 p.m.

with Jennifer LaFond

\$10 in session

\$12 drop-in

It's an hour of yoga, arts and crafts, songs and fun.

This class is geared toward kids ages 5-11

Kids today live in a busy world filled with stress; to perform well in school and sports; the constant buzz of video games; and busy over-scheduled days.

Give your child the gift of self-esteem, good health and confidence and security in themselves. Children will explore their bodies, minds, hearts, and relationships with others and the world around them in a fun and engaging way.

Yoga helps children learn to manage stress, increase self-awareness and self-respect all while having a great time

Children will learn tools to help them stay focused, centered, strong, happy, and healthy.

This is not your typical yoga class!