

YOGA for Kids

Benefits of YOGA for Kids:

- enhanced imagination & play
- developed strength, flexibility & balance
- increased self control & awareness
- improved attention span & concentration
- increased calm & peace

YOGA for Kids Class Description:

Presented in a way that is playful and light-hearted, this class introduces your child to the basic principles of yoga, including relaxation, breathing exercises and a wide variety of yoga postures. Focus is on improving balance, coordination and concentration, while creating greater strength and flexibility. In a warm and friendly environment students are able to find comfort in their bodies and increase their self-confidence and self-acceptance. While engaging in fun and healthy exercises and games students develop a greater sense of self-awareness and inner peace. Children should come prepared with comfortable clothing and bare feet.



Class Details:

Number of classes: 8

Day of the week: Friday

Time: 2:45-3:45pm

Dates: April 7 - June 3 (no class 4/22)

Ages: 6-10yrs

Cost: \$115

***Yoga mats provided**

***Minimum of 6 students required to hold class.**

Student Name: _____ Grade: _____ Rm #: _____

Address: _____

Phone: _____ Email: _____

Medical Insurance Co.: _____ Policy #: _____

Make checks payable to **Namaskar YOGA** (3946 N Southport, Chi., IL 60613 - 773-472-0930 - NamaskarYoga.com - amurman@me.com)