



AUDREY MULLER

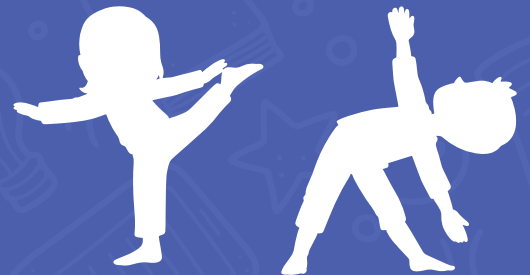
K-2nd Mondays 2:50-3:50

1/5, 1/12, 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16
(no class 1/19, 2/16, 3/23)

\$240 / 9-week session. Yoga mats included.

KIDS' YOGA

Strong bodies. Calm minds.



WHY SHOULD KIDS PRACTICE YOGA?

- ✓ Increased confidence & self-esteem.
- ✓ Teaches self-regulation.
- ✓ Boosts focus & concentration.
- ✓ Promotes right & left brain and body connection.
- ✓ Increases physical strength and endurance while maintaining flexibility and mobility.
- ✓ Develops impulse control.
- ✓ Develops motor & social-emotional skills.

**REGISTER NOW AND
LET THE FUN BEGIN!**

- Only 25 spots available! -



kids.yoga.practice@gmail.com