



AUDREY MULLER

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

3/30, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 6/1
(no class 4/6 & 5/25)

\$220 / 8-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