

# Yoga For Kids

# Summer Program

Ages 9-12

Wednesday Afternoons 1:30-2:30pm

Classes begin June 17th and run for 6 weeks through July 22nd.

Cost for 6 weeks: \$48

Drop In: \$10



Expanding minds and maturing bodies come together through independent and group activities that stimulate physical strength, emotional balance and self-confidence. Classes integrate traditional yoga poses, flowing sequences, breathing exercises, deep-relaxation and meditation techniques as well as self-reflection. Partner poses and cooperative yoga games inspire positive peer interactions that they are sure to carry into their everyday lives.

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[www.bodymindenergyhealingcenter.com](http://www.bodymindenergyhealingcenter.com)

