

Yoga for Kids and Teens



Healthy Kids Yoga



Teen Yoga for Girls

Dates: Tuesdays, March 6th- May 1st

Time: 4-5:00pm

Cost: \$74 per series.

*Partial scholarship available for those in need.

Overview: 8 Week series for kids 9-13. Learn about yoga, nutrition, breathing techniques, and mindfulness . Discover the tools to improve concentration and focus, improve balance and coordination, improve strength and flexibility, boost self-confidence, and encourage a feeling of well-being. Includes music, yoga games, art, and lots of physical activity.

Dates: Thursdays, March 8th- May 1st

Time: 4-5:00pm

Cost: \$74 per series.

*Partial scholarship available for those in need.

Overview: 8 Week series for girls ages 13-17. Learn about yoga, self-care, nutrition, and mindfulness. Discover the tools to reduce stress, boost self-esteem, improve posture and flexibility, improve concentration, and make healthy food choices.

www.theyogaexperience.com

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