Children's Yoga

Spring Yoga

BEGINS THURSDAY March 22nd

Heart to Heart Children's Yoga & Mindfulness with Susan Rodichok Registered Children's Yoga Teacher

Spring Session includes 5 classes from 4:45-5:45 pm on Thursdays

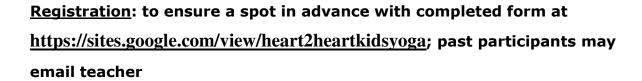
Ages 9-13

Dates:

March 29 and April 12, 19, & 26, May 3

<u>Cost</u>: \$75 per session of 5 classes; payable at first class

Drop-in class fee: \$20



These classes offer children a chance to connect to their body and their breath in a playful and safe way through yoga postures and breathing techniques. Studies have shown that yoga increases focus and



concentration and offers techniques to calm the mind in people of all ages, especially children.



classes held at amba yoga center
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Ambayoga.com
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