

Kids' Yoga



Yoga for Kids allows the exploration of yoga postures and concepts in a fun and non-competitive environment. We use songs, games and stories to help you and your child stretch and strengthen your bodies, as well as beginning to explore ideas such as compassion, patience, focus and balance (to name a few).

Parent & Tot Yoga:

Saturdays, Jan. 21 – Feb. 11, 10:15 am – 11:00 am
(4 week session)

Ages 3-6 Kids' Yoga:

Saturdays, Jan. 21 – Feb. 11, 11:15 am – 12:00 pm
(4 week session)

Pricing:

\$40 / 4 weeks for 1 child
\$70 / 4 weeks for 2 children
\$100 / 4 weeks for 3 children

To register please contact Rebecca Bolden at 705-826-3112 or Beverly Ness at 705-331-0181.

A note to the stay at home parent,

Note the time of those parent and tot ages 3-6 classes. Imagine a little time to yourself on a Saturday morning as you send your child along with your lovely husband/wife out the door to bond over a little Saturday morning yoga!



**INSPIRATION
YOGA STUDIO**

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