

YOGA for KIDS

Thurs 3.30- 4.30

(ages 8-13)



- Builds strength and flexibility
- Improves focus and concentration
- Fosters confidence and self-esteem
- Encourages good breathing techniques
- Engages children's imagination
- Teaches stress-management strategies
- Imparts relaxation skills
- Involves yoga poses, games, songs and more

For more info, contact Lara (YW, YTI, RCYP)

087 - 8244728