



### **THE FREE SPIRIT YOGA FOR KIDS PROGRAM**

Yoga is suitable for children of all ages and physical abilities. It teaches relaxation, wellness and concentration. Yoga brings the joys and benefits of exercise through bending, stretching and toning their bodies. Your children will learn classical Hatha Yoga asana's (postures) in a fun, healthy, non-competitive, safe environment.

#### **Benefits of Kids Yoga:**

- improve posture and body awareness
- learn relaxation, breathing & concentration skills
  - build self-esteem and confidence
- increase flexibility, muscle tone and self discipline

**Inquire about parents joining in as an option**