

Kids Yoga

at Hands On Art & Play
Fall 2018

yoga playgrounds



yoga for kids

In these fun and active classes kids will stretch and energize their bodies and minds through individual and group poses, mindfulness games and creative relaxation techniques. Packed with **playfulness**, **positivity** and **fun**, these classes give kids the tools they need to manage their behaviors to lead **happier**, **healthier** and more **peaceful** lives.



- * Improve focus and concentration
- * Develop strength and coordination
- * Increase confidence and self esteem
- * Learn self calming techniques
- * Get a healthy body and mind
- * Have fun!

WHO:	Hands On Art & Play students
WHERE:	on site at the school
DATES:	Sept 13 - Dec 13
DAY & TIME:	Thursdays 12:45-1:30
COST:	\$182 (13 classes)
INFO:	hello@yogaplaygrounds.com / 541-778-4541

REGISTER
ONLINE!

→ yogaplaygrounds.com