

Kids Yoga at Maya Yoga Studio: Fall '08



What to expect?

A group setting where kids ages 2 ½ years-5 years can practice skills such as coordination, balance, strength, focus, patience, confidence and appreciation. Parents and guardians are encouraged to participate.

Classes are structured using a variety of activities such as: breathing exercises, games, music, singing, dancing, and relaxation.

When is it?

Beginning Sept 10th through the end of Fall season.

***Wednesdays from 9:45am-10:30am**

(Maya Yoga Studio: 215 W. 18th St. Kansas City, MO 64108)

Cost?

Option 1: \$32/for four consecutive weeks (sorry no make-ups)

Option 2: \$10/ drop-in

****FOR MORE INFO, PLEASE CONTACT: carenlisondra@hotmail.com (206) 817-2273



www.mayayoga.com