

KIDS NAMASTE' YOGA WORKSHOP

With Alyssa Davis, RYT

Starts Sunday, February 5th at 2:45 pm; Ages 5-11

\$48 for four (4) week prepaid workshop; Advance registration required

Yoga can be a magical, meaningful and mindful practice for children. It develops the whole child or the five selves: physical, emotional, cognitive, social and creative.

Our mission is to be a child's first yoga teacher in a fun, age appropriate way. Our goal is for the child to continue practicing yoga into their adult life.

Our Kids Namaste' Yoga classes are non-competitive and encourage growth in body and mind awareness, self-esteem, focus, strength, coordination and a sense of harmony.

Benefits of Kids Namaste' Yoga:

- Non-competitive form of physical activity
- Improves focus, concentration and calmness
- Enhances strength, balance, flexibility and coordination
- Increases self-esteem and body awareness
 - Decreases stress and anxiety
 - Strengthens the immune system
- Improves digestion and deepens sleep

For more information, please visit the "Workshops" tab of our website:
<http://www.theyogastudioofshelby.com/>

For any questions or to register, please call the studio at 586-991-0760 or
email: TheYogaStudioOfShelby@gmail.com

The Yoga Studio of Shelby
for Mind, Body & Spirit

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Call Today! 586-991-0760

