



Kid's Yoga

(for Kids ages 4 -12)

we offer Kid's Yoga class every Sunday @ 2:30pm



KIDS YOGA BENIFITS

1. Builds their confidence and self-esteem.
2. Improves their powers of concentration and focus.
3. Develops their brain and intellect.
4. Excellent for their bodies and health. Promotes balance, flexibility, coordination and strength.
5. Helps them cope with stress and difficult emotions.
6. Develops their creativity and imagination.
7. Sharpens and expands their awareness.
8. Helps them develop calmness.

Where: HotYogaWellnessWoodbridge Location

When: Sunday 2:30pm

Cost: : \$12 to drop in or \$10 to pre-Register, an extra \$5 for each additional child in the same family, you can also use your pass for your kid.
(Unlimited pass can't use for this program)

Questions: Please call 905-266-0894 or Email:
tina@hotyogawellness.com