



YogaKids is a great way to expose children to the benefits of yoga in a fun and playful way. Kids will move, think and laugh as we stretch, strengthen and relax.

For boys and girls ages 5 – 12!



6 week session

Wednesdays, 3:45 – 4:30

Sept. 14 – Oct. 19



Class themes include “a day at the Beach” where we pretend to surf, swim and play in the sand or “My Amazing body”, when kids learn names of bones in their bodies as we balance on our phalanges. During our groups friends will play games, learn poses and have fun. Each class ends with an age appropriate relaxation time when we quiet our bodies and listen to visualizations or soft music. It is a great way to teach children the stress management techniques that they so often need when growing up.



\$42/member

\$60/non-member/guest



Preregister at the front desk or by calling 508-481-1797.

A minimum of 7 children must be preregistered to hold class.