



ananda shala
YOGA & PILATES STUDIO



**TEACHING HEALTHY HABITS NOW
FOR A LIFETIME OF WELLBEING**

Courses Begin Soon !
1 FREE week included
PRE-REGISTRATION REQUIRED – see Workshops Tab on Website

Your kids will join these certified children's yoga instructors who tailor a yoga practice for your kids to learn the joys of yoga through individual & partner yoga. Your children will be inspired toward more self-confidence & life balance that they'll carry with them every day. They will explore the physical and mental aspects of yoga in a non-competitive, non-contact and non-judgmental environment. Your children will improve self-confidence while developing strength, coordination, flexibility & balance. Games, activities & stories may be incorporated for younger children to inspire creativity & balance while learning the art of calming through breath & movement. Yoga classes have a balance between spontaneity and structure so that kids learn to relax and reduce stress.

Flying Eagles (Ages 9-11) - \$50

(occurs during adult Yoga All Levels Class)

Sandy Morrell

5 weeks - Saturdays (3/20 – 4/17) 9:00 to 10:30am

Little Sprouts (Ages 5-8) - \$50

Sandy Morrell

5 weeks - Wednesdays (3/24 – 4/21) 4:30 to 5:15pm

Baby Bugs (Ages 3-4) - \$50

Valarie Greenfeld

5 weeks - Mondays (3/22 – 4/19) 11:00 to 11:45am

Ananda Shala

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