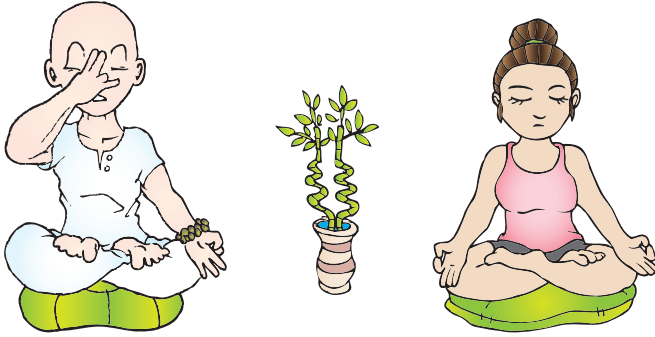


Kids Yoga!

with Neve Grace Loehr



Kids and yoga are a perfect match.

Yoga can help them learn physical and mental balance, and get them moving—all while having fun doing it. Kids learn basic stretching exercises to promote strength, flexibility, coordination, and body awareness. They learn to improve concentration and focus, stimulate their imaginations and help to release energy in a fun, safe environment.

This yoga class is best for kids 6 and up accompanied by a parent or guardian.