

yoga for kidz

with chelsie downs



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*



upcoming class dates

April 21-May 26 six Wednesdays
5:30-6:45pm Ages 6-10

June 2-July 7 six Wednesdays
5:30-6:45pm Ages 11-15

Semester cost: \$50/child

PRAISE FOR YOGA FOR KIDZ:

"I saw the benefits to my son after the first day of class. He was more relaxed, confident and happy. It really illustrated how stressed a six year old can be."

-Dinana 2008

YOGA FOR KIDZ is more than a child's exercise or play activity. It is a fun way for your child to experience the cognitive, emotional, and physical health benefits of yoga practice. Children learn how to relax, focus, and manage stress and anxiety. This class will help boost self confidence and develop strength and flexibility. We will be exploring classical yoga postures, breathing exercises, and concentration techniques while using games and creative activities to expand your child's imagination.

PRE-REGISTRATION REQUIRED. Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ E-mail _____

Please write class dates, the number of attendees, and total payment enclosed:

Yoga for Kidz Class Dates _____ # of participants _____ x (\$50) _____



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WWW.SANGHAYOGA.COM