

SUNSHINE KIDS YOGA FOR CHILDREN



Benefits of Yoga for Children Include:

- ◇ Children feel loving and loved
- ◇ Children learn about their bodies
- ◇ Children experience fun, playfulness and collaboration with others throughout the learning process
- ◇ Children develop vibrant vital energy
- ◇ Children improve concentration, boost energy and enhance self esteem
- ◇ Children build a stronger and healthier body
- ◇ Children learn life skills

Classes will cover a variety of topics including anatomy, art, music, language, math, environment, working in partners, visualization, and affirmations.

Schedule:

Ages 3 - 5	Monday	10:00AM - 10:45AM
Ages 6 - 9	Monday	4:30PM - 5:30PM
Ages 10 - 13	Wednesday	4:30PM - 5:30PM
Ages 14 - 19	Friday	4:30PM - 5:30PM

Sunshine Kids' Yoga for Children will help your child discover him or herself in a fun, interactive and educational setting. By integrating movement, language and music with traditional yoga poses and philosophy, Yoga for Children helps educate the complete student in body, mind and spirit in a fun and innovative way. Contact Sunshine Yoga Academy today to find out more!



Sunshine Yoga Academy

www.sunshineyoga.ca

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