

NEW KIDS YOGA CLASS

starting March 3, 2009



Tuesdays are kid days at YWS!

3.15 - 4pm (ages 3-6) & 4.15 - 5 pm (ages 7-10)

with Ramona Tamulinas

The benefit of Yoga to children is tremendous. It not only helps battle obesity, it also helps channel boundless energy. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga helps to bring that marvelous calm and focus that all children have to the surface.

Both kids classes are held at the Los Altos Yoga World Studio. Families are welcome to share passes.



YOGA WORLD
STUDIOS