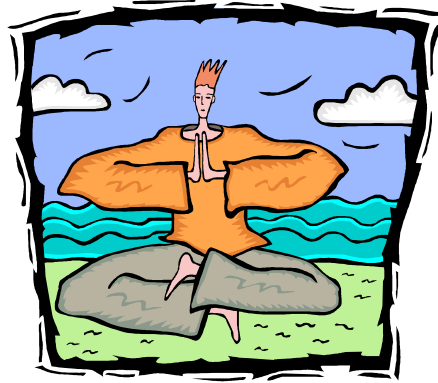


# Kids Yoga!



Tuesdays, February 7 - March 13 ....4:30-5:15pm

(ages 7-12 yrs.)

**Fee for 6 week session:** \$75 for first child, \$50 for additional kids

**Drop-in fees:** \$15 for first child, \$10 for each additional child

This class promotes fun and being creative by using the principles of yoga. Children will learn to focus, relax and develop self-control by using breathing techniques and visualization. We will use themes, games by doing the yoga poses, which will teach the children about life, nature and their own body, all through yoga and in an interactive way. The program intends to build inner-strength, confidence and self-esteem as well as respect for others, love for one's self, and a feeling of well-being. Taught by *Tamara Nicholson*.

Pre-registration is required. See us at the desk, call us at **215-230-4031**,

go online at [www.sundogyogastudio.com](http://www.sundogyogastudio.com), print out a registration form and mail it in.



**Sun Dog Yoga Studio**

17 w. state st . doylestown, pa 18901 . 215-230-4031 . [www.sundogyogastudio.com](http://www.sundogyogastudio.com)