

Pups Yoga!



Ages 3-5 years / Saturdays, 12:00-12:30pm

January 28 - March 3

\$75 for six class session / \$15 drop-in

Let your **pre-schooler** explore their self-expression. Classes will include breath work – allowing the child to recognize the control he /she has over their breath and yoga postures where children will become more aware of their bodies through yoga play. Your child will have fun playing yoga “games” which allow them to let off steam and have fun before becoming quiet. Stillness games are incorporated to teach your child how to relax, and help your child learn that being still can be fun. Classes taught by *Leia Barrett*.

Pre-registration is required. Call us at 215-230-4031 to register, or go online at www.Sundogyogastudio.com, print out an enrollment form, and send it in with payment....you may also register at the studio.



SUN DOG YOGA STUDIO

17 West State St. - 2nd fl. - Doylestown, Pa. - 215-230-4031

WWW.SUNDOGYOGASTUDIO.COM