

# Kids yoga & drama!



Kids yoga & drama is a fun, creative approach to yoga that can be very helpful for children whose bodies are still developing. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

**Date:** Saturdays Oct. 16 – Dec. 4

**Groups:** Ages 5 - 8 11:30 - 12:15 \$99 + hst

Ages 9 - 14 12:30 - 1:30 pm \$109 + hst

Limited to 10 kids per age group

Drop-ins welcome! (\$15/class 5-8 years, \$16/class 9-14 years)

Pre-Register at [www.yogasudbury.com](http://www.yogasudbury.com) or by calling 705-662-1359

