

## Yoga for children!

### About Us

Children derive enormous benefits from yoga. 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 brings that marvelous inner light that all children have to the surface.

"When you find peace within yourself, you become the kind of person who can live at peace with others"



**Every Tues at 3:00-4:00**

**Location: RMAE**

**Ages 6-12years**

**5 week session \$75.00**

**Session begins April 22<sup>nd</sup>-May 21st**

**Space is limited sign up now!**

Engaging our imaginations, we use playful yoga poses and animated breathing exercises to teach our students about body awareness and mindfulness in a fun way! Sprinkled with music/songs, singing bowls, relaxation and other age-appropriate props, each class enhances language development, motor coordination and social skills.

I am *happy*

I am *grateful*

I am *worthy*

I am *amazing*

I am *me*

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