



## Yoga for Children

**Yoga for children in Grade 3-8** incorporates quiet and active poses with music, stories, art, breath awareness and rest. Children learn the names of the postures, movements, and body parts. Build confidence and concentration while developing body awareness, listening and observation skills.

Thursday's, March 25 - June 10 ~ 3:15 – 4:15 / 11 classes: \$70.00

**Yoga for children in Kindergarten – Grade 3** will encourage fun, creativity, and stimulate curiosity within the yoga practice. The focus is on fine and gross motor development, self-expression, self-confidence, positive body image, and positive thinking.

Friday's, March 26 – June 11 ~ 12:25 – 12:55 / 9 classes: \$29.00

\*\* Please note there will not be yoga classes held during Easter break and on May Professional Development Day.

Please see Vicki to register or, for more information please call 250-391-4048  
Email: [vchubby89@hotmail.com](mailto:vchubby89@hotmail.com)

- For health and sanity reasons, children are encouraged to bring their own yoga mat (approximately \$20.00). I have 5 extra mats available for use if necessary.
- **Hatha Flow or Hatha Yoga Class for Parents!** Monday, Tuesday or Thursday's 4:30 – 5:30. Please let me know if you are interested and if the days and time work for you. I'd be happy to set this up. ☺