



Yoga for Kids!



The Yoga School of Therapeutics
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YogaFun CLASSES START IN FEBRUARY!

YogaFun for Preschoolers (3-5 years):

Tuesdays 11:45-12:30

Fridays 2-2:45

YogaFun for Ages 6-9:

Tuesdays 4-5

YogaFun for Ages 10-13:

Sundays 1:30-2:30

All Ages Family YogaFun:

Sundays 12-1

Fridays 5:45-6:45

Pricing: Monthly rates for 4 weekly classes range from \$35-\$50; Drop-in fees range from \$10-\$16. Sign up for a month of classes in February or March and get your first class free!

YogaFun classes for kids and families are a great way to introduce yoga in a fun, kid-friendly way while building strength, agility, and skills for relaxation and concentration. We play yoga games, read stories and poems, complete yoga obstacle courses, and dance our way through themed classes. Children learn yoga poses by making their bodies look like animals, airplanes, aliens, and more! We will work together to build creative sequences of yoga poses and build human pyramids. Yoga is fun!

About the Instructor: Rebecca Holland has a PhD in human development and family studies and is an avid yoga practitioner. She has worked with children and adults in many types of educational settings. Rebecca believes that yoga is a wonderful tool for promoting well-being throughout the lifespan and enjoys applying her knowledge of child development to making the practice of yoga kid-friendly and fun!

Contact Rebecca at 660-441-1271 or rebecca@lifecourseyoga.com for more information

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