

YOGA LESSONS

for kids



Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion-instead of opposition-is a great gift. 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. Classes are teaching by Luz an experienced Yoga Kids instructor.

Register now or ask a staff member

