



What is Yoga?

The word "yoga" means "to unite" and refers to the fusion of body, mind and spirit. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens concentration, and calms and centers our nervous system. Yoga is a great way to care for and love your body. When we take care of ourselves, we can take care of and love others.

- Please wear loose fitting and comfortable clothing to class.
- Yoga mats will be provided for you.
- Adult classes are also available.
- Please call or email the studio for scheduling details and more information.

OUR CLASSES

All of our yoga classes are designed for the age level.



MINI YOGIS:

AGES 3-6

Children will learn simple yoga postures that use the entire body. We will go on fun yoga "adventures" while using our imaginations. Children will also play games and learn child friendly relaxation techniques.



JUNIOR YOGIS:

AGES 7-9

Children will create more strength and balance while learning more challenging yoga postures. In a fun environment, we will focus on group cooperation and body coordination. Children will also practice breathing exercises to learn better self control.



TWEEN & TEEN YOGIS:

AGES 10-16

While practicing challenging postures, this group will learn the proper technique and benefits of the practice. We will also work together in fun partner and group poses. Relaxation is taught through restorative postures and meditation. Most importantly, tweens/teens will learn self confidence and how to honor their bodies.

