

Creative Beginnings and Ms. Emily's Kids Yoga Present:

Namaste Kids

Yoga Classes For 5-11 Year Olds

Flexibility – Balance – Strength - Patience – Clarity - Focus



Build group connections and self-empowerment from poses, breathing exercises, and coordinated themes

Create emotional, mental, and physical wellness with fun and interactive activities

Grow self-esteem and self-respect through a healthy mind and body

Tuesdays 4:00pm to 5:00pm, October 11th to November 15th

Pay As You Go \$20 Per Class or 6 Class Pass For \$110

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