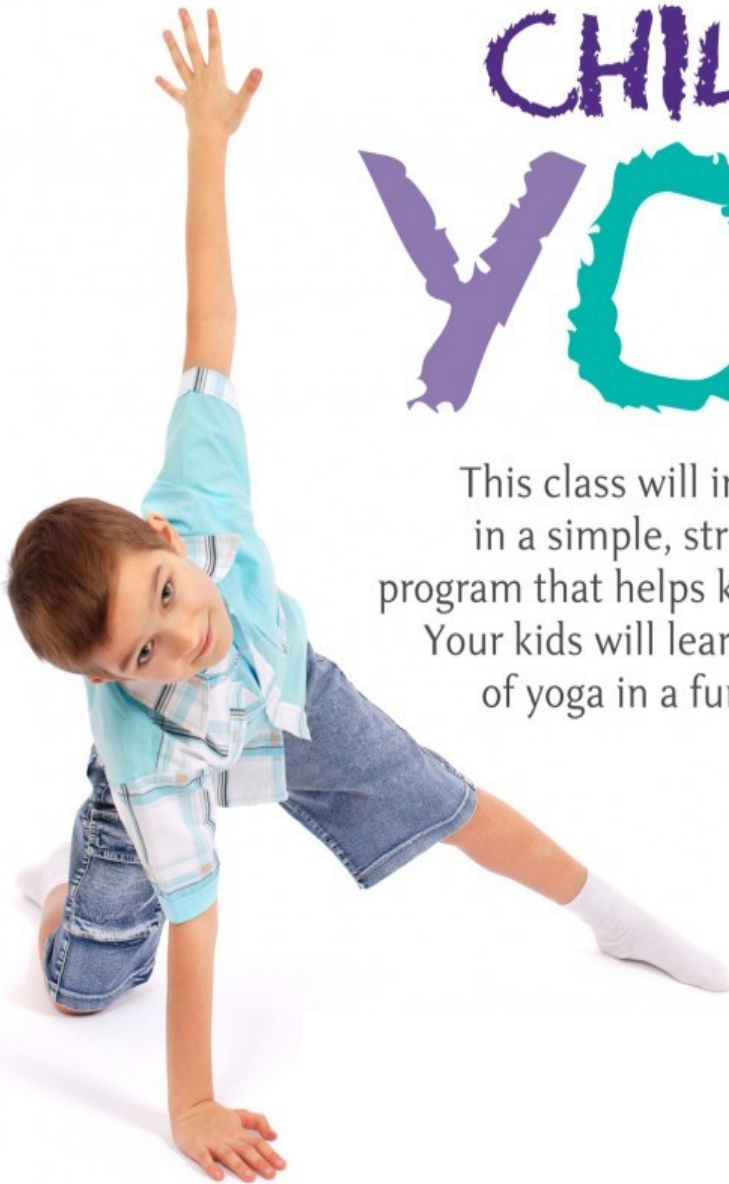


CHILDREN'S YOGA

This class will introduce your little ones to yoga in a simple, structured, and uniquely effective program that helps kids calm themselves and feel happy. Your kids will learn the basic postures and concepts of yoga in a fun and supportive environment.



Benefits of Yoga

Body: Helps kids develop balance, body awareness, strength and coordination

Breathing: Promotes healthy breathing, helping kids calm themselves and feel happy

Mind: Helps promote calmness, increased concentration, creativity and confidence

Spirit: Builds emotional awareness and resiliency

Ages & Pricing

Ages: Children ages 3 years and older

Cost: \$65.00 per month for weekly 30-40 minute sessions

If you are interested in enrolling your child please contact Roshmi at

roshmi@mokshawellnessyoga.com

Meet Roshmi



Roshmi is a certified yoga instructor dedicated to working with children and adults. She is passionate about yoga, the yogic philosophy and deepening her own practice while helping others.