



At LiFeStYLeS WeLLNeSS GrOuP

Yoga Kids classes help kids connect mind and body to experience a natural state of fitness, fun and feeling great. Each YogaKids class is comprehensive, age appropriate, theme-based, and integrates movements, poses and non-competitive games in the unique YogaKids method. Classes close with guided visualization and deep relaxation, leaving kids calm and centred.

SaturdayS BeGiNiNg Febuary 5, 2011

Ages 5 to 9

\$90 For 10 Week SeSSion

2pM to 3pM

Ages 2 to 4

\$72 For a 10 Week SeSSion

3:15pM to 4pM

Taught by KiRSten WaLLace

[www.swellmama.com](http://www.swellmama.com)

YogaKids teachers are the best in the world! They are highly trained and experienced who assess your child's needs and educate the whole child using yoga as a pathway. YogaKids classes develop health and well-being, creativity and self-expression, strength and flexibility, confidence and self-esteem, concentration and attention span, inner calm, relaxation and improved sleep. Research has proven that a consistent yoga practice helps children stay grounded and ease their way through daily stress. YogaKids classes are the perfect balance to other after-school sports, recreational and educational activities.

ReGiStEr at the FrOnt deSk



DR For Moms  
CHIROPRACTIC CARE  
THE LIFESTYLES WELLNESS GROUP