

Sweet Pea  
Yoga



## KIDS SUMMER YOGA CLASSES!

In today's hurry-up world, our kids face many pressures that were unknown to us years ago. Yoga can help our kids cope more effectively with everyday stress. Specifically, Kid's yoga:



- Enhances flexibility, strength, coordination and body awareness.
- Improves concentration by promoting a sense of calmness and relaxation.
- Provides an opportunity to connect more deeply with the inner self through noncompetitive exercise and play.

### CLASSES HELD AT LIVONIA YOGA CENTER, LIVONIA MI

Modules meet Saturdays for Four weeks (pre-registration recommended)

12:00pm to 12:45pm ♥ Age 5 to 10

1:00pm to 2:00pm ♥ Age 11 and up (Teens)



#### MODULE 1

June 27 \* July 11 ◦ 18 ◦ 25

#### MODULE 2

August 1 ◦ 8 ◦ 15 ◦ 22

1 module ➔ \$40/child ; 2 modules ➔ \$75/child

*Courses taught with safety as a top priority by a certified teacher. Missed class may be made up in future sessions if space allows.*

☎ 313.550.3953

**SWEET PEA YOGA, LLC**

✉ info@sweetpeayoga.net

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