

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

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✉ info@sweetpeayoga.net

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