

Sturbridge "Kids" Yoga at SIMS!

6-week series - begins Saturday, September 10. Advanced registration required.

Sturbridge Yoginis (recommended for ages 3-6): Begin to develop the concept of being still and staying on the mat. Have fun. Build confidence. Be silly and calm and understand the difference. Experiment with basic and fun poses. Make your own poses! Release energy.



Sturbridge Kids Yoga (recommended for ages 7-12): All of the fun elements of Yoginis with additional focus on posture and more traditional yoga poses. Begin to develop understanding of using breath to achieve balance and calmness.



Class Dates:

September 10	September 17	September 24
October 1	October 8	October 15

Class Times (all classes on Saturday):

Kids Yoga	9:00-9:50 AM
Yoginis (parent volunteers appreciated!)	10:00-10:50 AM

Cost:

\$75 (first child)	\$60 (additional children)	SIMS Members - 10% off
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Class sizes are capped to maximize your child's benefit.
 (508) 344-5903 or register online at www.sturbridgeyoga.com