

the
light within
yoga studio



Yoga for Children

Featuring:

- Movement (postures), games, relaxation, story

Children ages 4 to 8, along with a parent or guardian, will have fun using their imaginations as they practice yoga poses by greeting the sun, reaching their toes towards the sky in candlestick pose, or imitating many of their favorite animals. In addition to strengthening and stretching their bodies, they will learn valuable skills such as listening to their own breath and relaxing. Classes will finish with a short story which incorporates aspects of a yogic lifestyle; including getting along, being good to yourself and others, taking care of nature, etc. Yoga can also encourage self-esteem and body awareness, and early childhood is the perfect time to offer such beautiful life lessons.



When: Sundays: May 16th and June 13th, 12:30- 1:30 pm.

**Where: The Light Within Yoga Studio
11 Exchange Place, West Grove, PA 19390**

Registration: \$15.00 per class (covers parent & child -\$5 for each sibling.)

Please e-mail Patty at patio995@verizon.net to register for one or both classes.