



Summer Kids Yoga Uplifting Junior Flow Yoga (ages 6-10) w/Rebecca Blake



8 Week Session: Thursdays, June 24 – August 12, 3:30-4:30pm

Early bird \$75 before June 16/ \$85 after*

***This is a 6 class card, good for any 6 Thursdays within the 8 weeks**

For questions or to register (650) 299-9992

www.peacebankyoga.com

About the class: This class is taught in a fun, playful, supportive and explorative format. At this age, we will continue to bring in an element of silliness and playfulness, but there will also be quiet relaxation time. This class supports children in developing strong and flexible bodies, and the poses also stimulate the brain. The kids will be taught relaxation techniques and tools to cope with stress, which will be useful throughout their entire lives. These skills will enhance their social skills and self-esteem, will allow for better sleep and will balance their bountiful energy.