



YOGA FOR KIDS



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To register, you must be enrolled in the Eagles N.E.S.T. program. Visit the Eagles N.E.S.T. website and click Enrichment Programs to register today!

Yoga for kids is all about learning poses and having fun! At this age level, I just want to inspire kids to enjoy yoga and be happy.

Your child will learn how to:

connect with their bodies through yoga poses

calm their minds through breathing activities

develop mindfulness through crafts and partner activities

AELC- Fridays 4:15-4:45, 8 week sessions, 30 min classes for \$80

East- Mondays 4:15-5:00, 10 week sessions, 45 min classes for \$120

Heritage- Wednesdays 4:15-5:00, 10 week sessions, 45 min classes for \$120

Cost includes instruction and crafts/activities

