

Kids Yoga Series

Led by: Theresa Kelly & Hanna Malm

Ages 5-11

Twelve Week Session: April 2 – June 20, 2012

Mondays & Wednesdays, 3:30 – 4:15



Kids Yoga, This classes teaches yoga to children in a way that is easily understood by them. Theresa and Hanna creatively encourage awareness through a variety of asanas and vinyasas (still yoga postures & flowing sequences) that are both fun and challenging. Yoga is not only a physical exercise, but a mental practice as well. A connection to the breath is emphasized throughout class to enhance mental focus, control and soothe emotions, release energy that is not serving while improving self esteem and a variety of physical skills such as balance, strength and flexibility.

Early Registration Discount, register and pay by March 15, 2012:

2 classes per week \$10 a class = \$240

1 class per week \$12 a class = \$144

Regular Registration:

2 classes a week \$11 a class = \$264

1 class per week \$13 a class = \$156

Reserve your kids' spot!

Go to www.BarefootMovement.com and select "workshops" or call (510) 543-3450

Prorated fees for 8 or more classes at the \$13/class rate

Sibling discount 10%

Drop in \$15/class



The Barefoot Movement Headquarters

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For more information visit www.barefootmovement.com
or email BarefootMovement@gmail.com