



Helping Kids Grow Through Yoga (K - 5th grades)

Little Namaste and Sing offers kid's yoga. The yoga classes introduce children (K-5th grades) to physical fitness, flexibility, team building, socialization, mindfulness and empowerment.

Classes are 1-hour long, engaging and fun. We teach yoga poses, tell stories, play games, and meditate. If you are looking for an opportunity for your kids to unplug and get introduced, in a fun way, to physical and mental fitness, this is for you. Our instructor is a certified yoga instructor, licensed kid's yoga instructor, and a Didion parent. The curriculum has been written and proven so that kids want to participate.

Yoga classes held on **Tuesdays, 2:30-3:30pm, Room 19, Didion Campus**

Session 1 (5 weeks): 11/6, 11/13 (12:30-1:30pm), 11/27, 12/4, & 12/11

Session 2 (5 weeks): 01/08/2019, 01/15, 01/23, 01/29, & 02/05

Session 3 (5 weeks): 02/12, 02/19, 02/26, 03/05, & 03/12

Session 4 (4 weeks): 03/19, 03/26 (12:30-1:30pm), 04/02, & 04/09 (\$60 4-week session)

Session 5: (5 weeks): 04/23, 04/30, 05/07, 05/14, & 05/21

Cost: \$75 for 5-week session and \$60 for 4-week session (\$15 per class)

Multi-kid discount available: \$130 for 2 kids (\$13 per student)
\$175 for 3 kids (\$11 a student)

Yoga mats are provided.

Check, cash, and all major credit cards accepted.

To register, please, contact Gary Austin at liinamasteandsing@gmail.com or 916-502-6535 (cell/text)