



GET 10% OFF
REGISTRATION FOR
SESSIONS BEGINNING
IN JANUARY

The overall practice of yoga can help kids to relax, relieving stress and anxiety, it can help cultivate a deeper awareness of their inner self and how they relate to the world around them allowing them to better identify and manage their emotions.

*** new clients only, cannot be combined with any other offers ***



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Kids today are busier than ever and practicing Yoga has many of the same benefits for kids as it does in adults. The physical benefits of practicing yoga are much the same in enhancing strength, flexibility, coordination and body awareness.

We believe in nurturing confidence, courage and calmness through a life long love of Yoga. By trying new things, we learn not only about our world around us but about ourselves as well.

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