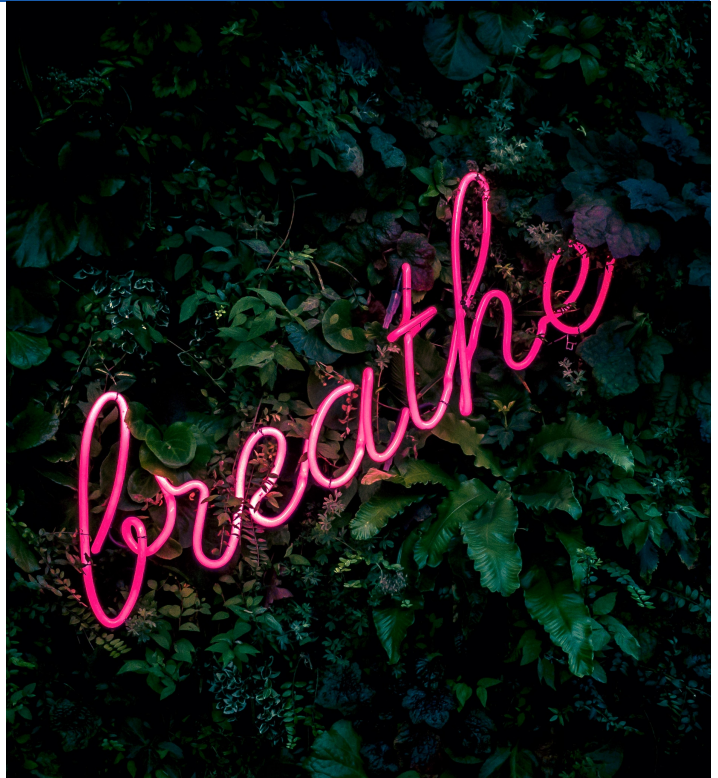


# Kids Yoga Classes

\$150 - 6 weeks (25% off siblings)



## Kids Yoga Class

This 45-minute yoga class taught by a Certified Kids Yoga instructor is for children between the ages of 6-11 (1 adult per-child free of charge). This class will teach your child self-awareness, compassion, balance, creativity, and healthiness on a physical and psychological level. This is a fun filled class involving music, poses, yoga games, meditation & more!

### Benefits of Kids Yoga:

Mindfulness, Non-competitive activity, self-esteem, strength, balance, flexibility, managing stress, breathing awareness, emotional regulation, focus/concentration & body awareness.

\*Open to the public\*

**When:** January 12th, 19th, 26th  
February 2nd, 9th, 16th

**Where:** Heritage Center

633 Mt. Sinai Coram Road, Mt. Sinai

**Time:** 9:00-9:45

**Email or call to register:**

631-312-6753

[courtneyclancy@otloveli.com](mailto:courtneyclancy@otloveli.com)

\*\*Private Sessions Available Upon Request\*\*

\$100 per hour/individual

\$40 per hour/group of 3 or more

(Suffolk County Only)

