



evolution  yoga

## KIDS YOGA!

taught by certified instructors from evolution yoga, this class will provide a fun learning experience as well as an introduction to all aspects of a healthy age-appropriate yoga practice. yoga can help to manage stress and prevent injuries, while increasing body awareness, self-esteem and enhancing concentration. we offer playful poses in a non-competitive, nurturing environment!



- » WHEN: FRIDAY // 3:15 – 4:15 PM // SEPTEMBER 12 – DECEMBER 12
- » WHO: 1<sup>ST</sup> – 4<sup>TH</sup> GRADE
- » COST: \$180
- » SIGN UP: [info@evolutionyogasb.com](mailto:info@evolutionyogasb.com) // [www.evolutionyogasb.com](http://www.evolutionyogasb.com)
- » CONTACT: ZEFEA SAMSON // 561.543.9147 (indy's mom!)

**BROUGHT TO YOU BY:** evolution yoga • the big yellow house  
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