

COMPLIMENTARY

Yoga for Kids & Teens

Yoga is a wonderful tool that can help children and teens develop discipline, be more physically active, enhance concentration, improve athletic performance and reduce stress.

No experience needed. Studio 2

FOR KIDS: Mondays with Gina Geller

3:45-4:15pm (ages 3-5) | 4:15-5:00pm (ages 6-10)

FOR TEENS: Wednesdays with Brian Holland

4:00-5:00pm (ages 11-15)



ages
3-15
years

CONTACT

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