

sandpoint • hot yoga

PRESENTS

Growing Yogis



Who? Kids and Teens Ages: 3-13

Where? Sandpoint Hot Yoga

When? 8 Week Session starts Oct. 4-5

Join Instructors Mindy & Autumn for a fun, creative yoga program for kids that teaches body & breath awareness in developing bodies. You will learn the basics of yoga through physical postures and learn discipline and self-control through stillness & meditation.

STARTS OCTOBER 4th & 5th

Ages: 8-13 Wednesdays 2:30 - 3:20 pm

Ages: 3-7 Thursdays 3:15 - 4:00 pm

SIGN UP

Email: info@sandpointhyoga.com or

CALL: 208.946.7646 or

JUST SHOW UP!

\$60 for 8 week session or \$8/class. Drop-ins welcome!

Please visit WWW.SANDPOINTHOTYOGA.COM
for all the details including the many physical/emotional/mental
benefits of yoga for children & growing bodies