

Growing Yogis



Who? Kids & Teen Yoga Ages: 3-13

Where? Sandpoint Hot Yoga ~ 1243 Michigan Street

When? 5 Week Session starts Feb 28 & Mar 1

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.

Ages: 8-13 Wed. 2:30 - 3:20 pm ~ Feb 28-Mar 28

Ages: 3-7 Thurs. 3:15 - 4:00 pm ~ Mar 1-Mar 29

HOW TO SIGN UP:

- 1) Email: info@sandpointhyoga.com or
- 2) CALL: 208.946.7646 or
- 3) SHOW UP: 10-15 min. early prior to 1st session!

\$40 for 5 week session or \$10 drop-in

\$10/session discount for siblings! (2 children for \$70!)

We encourage you to sign-up in advance for the 5 week session

Please visit WWW.SANDPOINTHOTYOGA.COM

for all the details including the many physical/emotional/mental benefits of yoga for children & growing bodies