



W O R K S H O P YOGA FOR KIDS

\$40 - 6 week session

We are all born natural yogis. The younger we are, the more pliable and flexible our muscles and joints are.

Yoga For Kids encourages children, to explore their natural abilities in an active, safe, and fun way that honors the diversity of each students' flexibility and strength.

Yoga For Kids is a fun, playful class where kids can move energy through their bodies and bring calm into their minds. Yoga For Kids is excellent for: Promoting physical development and a positive attitude, toward physical activity.

Kachmann Mind Body Institute
1301 Lafayette St., Ft. Wayne IN 46802

Yoga For Kids!

Benefits:

- Builds strong & healthy bodies
- Balances emotions
- Calms the nerves
- Clears the mind
- Enhances focus
- Improves self esteem

This program helps children:

- Build self-esteem, focus, and concentration.
- Improve strength, flexibility, body awareness, and neuromuscular coordination.
- Complete other sports training by helping to prevent injury and improve coordination.
- Helps children find balance in busy and active lives, relieves overall stress, and helps develop poise and confidence.
- Helps adolescents develop a healthy relationship with their changing bodies and a positive image of them selves.
- Creates a positive, supportive and non-competitive environment and uses cooperative learning activities to build trust.

Students learn breathing techniques, yoga poses, games, activities, relaxation, and visualization. This program allows all students to flourish by honoring their individual learning styles.

Yoga for kids is taught in a workshop format. 8 child minimum. Must have 2 adults attending private workshops. Adults are welcome to join. We can provide yoga mats. Wear comfortable clothing.

REGISTRATION FORM

NAME

ADDRESS

PHONE

EMAIL

PMT AMT CASH CHECK VISA/MC

CARD NO.

EXPIRATION DATE

SIGNATURE

OFFICE USE ONLY

DATA ENTRY BY

DATE

EMAIL CONFIRMATION

DATE

k a c h m a n n
mind **BODY**
i n s t i t u t e

260 420 YOGA info@kachmannmindbody.com
www.kachmannmindbody.com