

This is a six week series for children ages 6 - 10.

Class meets once per week on Tuesdays from 4:00 pm - 4:45 pm.

Michelle Israel, an early childhood classroom educator and RYT-200, leads your child in an age-appropriate arc of learning and exploration of yoga and its principles.

The series is designed to help your child cultivate strength, balance, imagination, self-awareness, creativity, self-confidence, flexibility, self-control, concentration, flexibility, patience, collaboration, dedication, and other qualities significant to relating to self, others and the world at large.

Yoga, including asana, relaxation and meditation, are proven to improve cognitive function, promote calm and concentration, and reduce anxiety.

This is a beautiful way to begin to establish a life-long, beneficial yoga practice. Five thousand years of wisdom cannot be wrong!

Cost is \$90 for the entire series. Non-refundable.

Register online through [www.synergyyogastudio.com](http://www.synergyyogastudio.com). Click on the "Class Schedule and Online Signup" button in the upper right of any page. You will be directed to a class schedule, and instructions for setting up an online profile.