


## Kids Need to Just Be Kids

Yoga is just what they need, yoga is how kids learn to wind down from their busy lives and learn who they really are.

Dear Parents,

Individuals of all ages can find little escape from the effects of stress in today's world. The beings of today need guidance to manage and balance the mind, body and spirit. If you are intuitive enough to realize that yoga is a life skill that will help create a stress-managed lifestyle for your child's future; you are innately wise to the true gift you are blessing your child with as you enroll your child in a yoga class. I welcome all parents to accompany their child to a class and practice yoga. See firsthand the sense of wonder, joy and peace your child will experience.

Namaste,  
Arlene



## What Kids and Parents Need to Bring & Know

Bring: A sticky yoga mat (if you forget one — they are available to borrow)

Know: Try not to eat heavy foods before class

### Classroom “Karma”

- Respectfully, try your very best to be on time. Late students create a distraction. Yogic reminder: It's better to have a student come in late and relaxed than on time and unnecessarily stressed. So please if you're running late “don't worry & don't worry your yoga student — calm down, breathe and be late instead!”
- Coming to yoga is like entering a sanctuary, temple, or library. A peaceful environment is key. Practice whispering as you enter class.
- Always leave shoes outside the door. Yoga is practiced in bare feet so perhaps slip on shoes would make coming and going easier.
- It is recommended that children be accompanied by an adult to and from the classroom. If you need to wait in the car at dismissal (if your willing to wait a few extra minutes) the teacher will escort the children downstairs — Please arrange with the teacher and always let the teacher know when you are taking your child.

**\*\* If your child is allergic to any food or aromatherapy products or incense please let the teacher know.**



## Divine Yoga Kids Classes

All classes are designed to develop proper posture & breathing, strength, flexibility, balance, focus, stress release, relaxation, self confidence & creativity.

### Class Descriptions

#### Kids Yoga:

A fun, interactive and inclusive class. Classes combine yoga with breathing and games to improve motor skills, flexibility, balance, agility, strength, co-ordination and self-esteem.

#### Teen Yoga:

Fun class, full of challenges for developing bodies. Yoga helps teens with balancing of hormones, increases self-confidence and helps weight maintenance. Great relief from growing pains by stretching out muscles and provides a healthy social experience outside of school or social activities.

*The age grouping in all classes has very “loose boundaries”. Parents and kids are the best judges of the class most suited to fit the students needs. Eg. More athletically inclined, mature & yr old with prior yoga experience may prefer the older group.*

