



ANNOUNCING A NEW YOGAKIDS & YOUTH SESSION BEGINNING IN March

This 7-class session runs March 29 — May 17, 2012. Children ages 4-6 meet 1:15 - 2:00 pm, ages 6-9 meet 4:30 - 5:30 pm, and ages 10+ meet 5:30 - 6:30 pm. Cost for this 7-class session is \$84. Register online at www.kingswoodumc.org/sportsfitness. For more information, please contact Kent Burel at sportsdir@kingswoodumc.org or call 770-457-1317, ext. 25. **Registration deadline is March 19, 2012**

Classes will be on **Thursdays** in **room 210** (unless otherwise specified).

3/29/2012	5/3/2012
4/12/2012	5/10/2012
4/19/2012	5/17/2012
4/26/2012	

Yoga for Kids is a fun way for children to learn yoga, incorporating classical yoga postures with a fun, upbeat twist. Yoga Kids classes combine breathing techniques, visualizations, music, reading, expressive art, cooperative games and partner poses. Kids will improve concentration and focus, stimulate their imaginations, release energy and have fun in a safe and nurturing environment. YogaKids also helps to promote inner strength, confidence and self-esteem.

Yoga for Youth integrates a deeper understanding of the physical and philosophical aspects of yoga, as well as helping pre-teens and teens discover self-confidence, positive body health and awareness, emotional balance and provide tools for stress management. While classes are designed to promote building strength, balance and concentration, your instructor will also use expressive art, music, writing and discussion specifically designed to help foster an environment of cooperation and inner well being.

Natalie Leach, instructor, is a certified YogaKids facilitator.