



## KIDS YOGA AT ROCK CREEK

Namaste A Kid Forever is a fun and inviting way to bring yoga into your child's life. As a NAKF instructor I will provide an amazing curriculum designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they experience in their day-to-day activities. Yoga is great for stress management! In the class curriculum I will incorporate cardiovascular conditioning, fun and original music, dance and games plus all of the traditional benefits of yoga - meditation, breathing techniques, peace, and deep relaxation.

# Class Info

School Age Yoga  
for ages 6-10

Please visit  
[www.namasteakidforever.com](http://www.namasteakidforever.com)  
email  
[kaityconnor92@gmail.com](mailto:kaityconnor92@gmail.com)  
or call 470.718.1294 to register

(drop ins must call at least one hour in advance to secure spot)

Monthly classes held  
on Tuesdays  
at 5:30-6:30pm

\$55 per month