



After-School Kid's Yoga

Be prepared to have all of your ideas of a "typical yoga class" blown away! Kids yoga is an everyday adventure into the hearts, minds, and imaginations of children.

Yoga Games, asanas, breathing techniques, and tons of FUN are included in this great opportunity!

Parents can also enjoy the convenience of our location. During the kids' classes, you can get a massage or therapy at the Rubin Health Center, do your grocery shopping or just chill at a local venue!

March – May 2010, Thursdays from 4:00-5:00 p.m.

Imagination



Flexibility

Significant discounts for online registration and class packages!

Single Class \$12 Walk-in/\$10 Online registration

Kids 5-Pack \$43

Kids 10-Pack \$80

Monthly Pass \$60 (\$50 per month if pre-pay online for all three months)

Limited space available - Register today at

www.generationsyoga.com or call us at 727-688-9597.

Focus



Balance

Instructors- Haris "Harini" Lender, "Over the past 10 years I have taught MANY kids classes and I almost always cry on my way home! Watching those wild and active bodies come in from a full day at school and beg me to take them to their "secret garden". The kids that I teach have taught ME so many things that I have incorporated into my classes. They are natural born yogi's and what a gift it is for me to be in their presence and to work with them on this level.

Cassie Dixon, Watching children roll on the ground is more fun than watching them sit at a desk. Childhood obesity and sedentary rates are sky high. Having a hand in changing those statistics is fulfilling to me. I am blessed with an active child who practices yoga avidly. Instilling these habits in her daily routine is my job as a parent. Instilling these habits in the routine of my students is my satisfaction as a teacher.

Please note that all children will be required to have a liability waiver signed by their parent/legal guardian before they will be allowed to participate in classes. Kids should wear comfortable clothing; mats are provided, however we always encourage everyone to bring their own!



**Generations Yoga and Fitness, Located above the Rubin Health Center
At 1500 Dr. MLK Jr. Street North, St. Petersburg, FL 33704
*727-688-9597 *www.generationsyoga.com * info@generationsyoga.com**