



# Total Body Yoga & Pilates

Fitness at the Core

185 West State St., Route 202, Granby, MA · 413-478-8160 · info@tbyfitness.com

## CHILDREN'S YOGA

Through creative play, breathing exercise, yoga postures and relaxation, kids explore the physical, mental and emotional benefits of yoga in a fun-filled learning environment.

Children can receive enormous benefits from yoga. Physically, it enhances flexibility, strength, coordination and body awareness. In addition, their concentration, sense of calmness and relaxation improve. In yoga, children exercise, play, connect more deeply with their inner self and develop an intimate relationship with the natural world that surrounds them.



### Children's Yoga Classes, 6 Week Session

*Who:* **Children ages 5-12**

*When:* **Wednesdays 6:00-7:00 P.M. ~  
Nov. 7<sup>th</sup> – Dec. 19 (no class 11/21)**

*Cost:* **\$54/6 week session, paid in full  
\$48/each additional sibling/session**

***Pre-registration is required.***

***Drop-ins based on availability. \$10/child/class***