



IT'S MORE THAN YOGA

Yoga Play For kids ages 6-9

- Music
- Art
- Exercise
- Reading/Language
- Games

Yoga Kids:

- empowers children
- teaches them the skills to better care for their bodies
- access and interpret feelings
- manage stress
- solve problems



Sundays 1-2 pm
starting September 18
(6 week session)

2700 Montague Street
Lower Level

To register go to:
www.everydaysacred.ca

**EMPOWERING KIDS TO
LOVE & LEARN THROUGH YOGA**



Gerri is a certified Yoga Kids instructor. She has twenty years of elementary teaching experience and has worked for the past eight years as an Elementary Physical Education Specialist .

She is excited to bring the benefits of yoga to young people through play!