



challenge + change

upcoming classes

Kids Workshops + YogArts

Kids LOVE Workshop

We're excited to share our Kids LOVE Workshop where children will explore the practices of yoga and mindfulness while creating Valentine-themed crafts for themselves and others! This is a time for caregivers to just be, while our youthful yogis get into the holiday spirit! Come one and all for some serious mindfulness holiday fun!

Date: Friday, Feb 10

Time: 5:30-7:30 pm

+Cost: \$30 per yogi

+Ages: 6-12

Kids Spring YogArt Camp

Join us for two fun days of yoga and art over spring break! Our YogART program combines the creative, calming practices of yoga and art into one amazing event. At camp, children will breathe, stretch, and imagine as they receive instruction in yoga and mindful art. This is a two-day camp.

Date: March 14 & 15

Time: 10:30-2:30 PM

+Cost: \$70 per yogi

+Ages: 7-12

Kids Yoga Series

During this weekly class, yogis will explore the practices of yoga + mindfulness + arts/crafts!

Four Week Series

- Jan 11- Feb 1
- March 22- April 12
- April 26- May 17

Wed 5:30 - 6:30 PM

Ages: 5-12

Cost: \$40. per yogi per each 4 week series



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