

# KID YOGA

## EAST "AND" WEST STUDIOS



***During Kid Class, An Adult Yoga Class Will Be Held In Other Classroom!***

**EAST STUDIO: WEDNESDAYS, 4 TO 5 PM**

Classroom A: Kid Yoga (ages 4 to 7). Teacher Jennifer Stuber  
Classroom B: Adult Yoga (level 1&2). Teacher Olivia Goode

**WEST STUDIO: MONDAYS, 4 TO 5 PM**

Classroom A: Kid Yoga (ages 4 to 7). Teacher Jennifer Stuber  
Classroom B: Adult Yoga (level 1&2). Teacher Sharon Prier

**KID YOGA:** Just like their parents, kids today are turning to yoga to help them relax, increase flexibility, strength and balance. Our Kid Yoga teacher Jennifer Stuber has extensive training and experience in Kid Yoga and makes the classes safe, imaginative and fun. They create a positive and non-competitive environment so every child will feel a sense of accomplishment.

**Six-Class Kid Yoga Package: \$60 (good at BOTH studios!)**  
**Ten-Class Kid Yoga Package: \$90 (good at BOTH studios!)**  
**Kid Yoga Class Drop-In Fee: \$12**

**ADULT YOGA CLASS: Level 1&2:** Instead of just dropping off your child to attend our Kid Yoga class, drop into our other classroom and flow at our adult class. It's for level 1&2 and goes from 4 to 5 pm like our Kid Yoga class. All of our students are welcome to stop by. *To attend, apply a class from a Yoga Sanctuary class package or pay our regular adult single class fee.*

