



Exploring Children's Yoga

Saturday October 23rd 2:30-4:00

Ages 2-8



www.yogadreams.com

Maureen has worked professionally with children for 8 years, maintains up-to-date CPR/First Aid, 16 ECE units, and a warm, loving heart towards children. She creatively approaches each age group offering poses and activities relevant to their cognitive and physical development. Her intention is to give children a space to be inventive, confident, balanced, and strong. She completed her Yoga Teaching Certification at the Santa Barbara Yoga Center.

Give your children the gift of Yoga with this fun & creative workshop designed just for little ones and their families! Come play, exercise, and explore the joys of Children's Yoga with experienced instructor Maureen Clair Crowley.

Cost: \$15/child in advance or \$20/child at door

Call Yoga Soup at (805)965-8811 to enroll – space limited

www.yogasoup.com

Children ages 2-4 **MUST** have parent/caregiver with during the workshop. All other ages parents have option to stay at no additional charge or drop off child(ren).



Yoga Soup Yoga Studio

28 Parker Way Santa Barbara (805)965-8811