

Exploring Children's Yoga

Ziva Yoga Essentials

Sunday September 12th 2:30-4:00

Ages 3-7



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 Crowley.

Cost: \$10/child in advance or \$12/child at door

\$2 off for every additional sibling

CALL (530)342-9482 TO ENROLL

Parents are encouraged to stay and participate at no additional charge or have the liberty to drop off their child(ren).



ZIVA Yoga Essentials & Studio

235 Main Street

(530)342-9482

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