

Little Footsteps Presents....

CHILDREN'S YOGA

for the

Mind
Body
Soul

Our Yoga Enrichment program is a simple, structured, and uniquely effective program. The teacher will concentrate on techniques that promote a sense of calm and happiness, which helps children with social and emotional challenges. The children will learn the basic postures and concepts of yoga in a fun and supportive environment.

Studies have shown enormous benefits of yoga in children. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Namaste

