

# Ashtanga Yoga Room

2521 Jena Street, 2<sup>nd</sup> floor, NOLA 70115

Introducing:

## Peace Yoga les Enfants

**Kids Yoga Course with NATHALIE**

**Ages 6 to 12 years old**

**Every Friday , drop off at 4:15 pm class starts at 4:30 pm to 5:30 pm**

**Cost: \$12 per class or**

**\$50 for 5 classes**

**Start August 3, 2018**

**No class in Fall Break, Thanksgiving, Christmas Break.**

**Your child will be introduced to different yoga poses, meditation, breathing techniques, storytelling, music, and play.**

**It will help your child to connect with their inner self in everyday life, physically and emotionally.**

**When children learn techniques for self-health, relaxation and inner fulfillment, they can navigate life's challenges with more ease.**

**Give them balance for life!**

**Sign up: 504-813-3738**

**[melanie@ashtangayogaroom.com](mailto:melanie@ashtangayogaroom.com)**