



## **Kids Yoga!**

### **CALM & GO YOGA FOR KIDS COLTS NECK RECREATION AND PARKS**

**Sharon has over 20 years of experience as a teacher. She is also a certified yoga instructor for adults and children.**

**Calm & Go yoga for kids offers classes for children through music and games encouraging yoga to be part of their daily routine. The benefits of yoga and mindfulness leads to developing concentration, critical thinking, increasing flexibility, enhancing self- esteem and confidence, while strengthening the mind- body connection.**

**Just bring a mat, water, and a smile!!**

**Ages 7-12**

**Mondays 4:30-5:30 p.m.**

**4/15-6/10 (NO class 5/13 & 5/27)**

**CALL 732-780-6666**