

Yoga and Mindfulness for Children



Winter 2020 Session

7-sessions, \$80

January 16th - February 27th

Tween Yoga (9 - 12 yr olds): Thursdays 3-4pm

Kids Yoga (6-8 yr olds): Thursdays 4:15 - 5pm.

Classes include traditional yoga and simple breathwork, often with stories or music. Activities incorporate mindfulness exercises and games to promote self-regulation, self-awareness, and conscious connection.



Tracy Erwin is a certified youth yoga instructor who loves working with young people in public schools and private studios. She lives in Corvallis with her husband and 10-yr-old daughter and practices yoga daily with the help of her two kitties.

For more information or to register, contact:

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