

Kids Yoga Classes

7 Week Session Starts September 5th 4:30pm Fridays
Boys and Girls ~Ages 6-12~ \$84.00 per session
Classes by Natalie Leach, E-RYT200, RCYT



The GROUNDED Yoga Program For Kids endeavors to "ground" kids, using yoga, laughter, and elevation. It's a healthy, fun-filled way for kids to enjoy a non-competitive fitness activity that provides a stronger, more flexible body, greater focus and concentration, and a relaxation of mind and body.



GROUNDED Yoga teaches kids to funnel negativity down thru the nervous system transforming it into higher energies of creativity, courage, compassion, strength, and connection.



GROUNDED Yoga provides meaningful, upbeat, and energetic classes, that foster self-expression, positive body awareness, positive thinking, social skills and environmental awareness. This groundbreaking program is inspired by Hatha yoga.

Register at the front Desk Dunwoody Baptist Fitness Center

For more information please contact yoganatalie@yahoo.com



GROUNDED
YOGA | LAUGHTER | ELEVATION