



Kids Yoga Classes

Looking for a healthy, fun-filled way for kids to enjoy a non-competitive fitness activity that provides a stronger, more flexible body, greater focus, concentration, and a relaxation of mind and body?

The GROUNDED Yoga program 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.

Day	Ages	Time	Dates	Fee
Fri	Kids 7-12	4:00-5:00pm	Oct 30, Nov 6,13,20, Dec 4,11,18	7 weeks \$90

Please register at the front Desk Dunwoody Baptist Fitness Center.

Any questions please contact yoganatalie@yahoo.com or 404-641-1325