



Kids and Tweens & Teens 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
Thurs	3-6 Story Time Yoga	3:30-4:30pm	Sept 3,10,17,25	4 weeks \$55
Fri	Kids 7-12	4:00-5:00pm	Sept 11,18,25 *Oct 2 ,16,23	6 weeks \$80
Fri	Teens & Tweens (or have Green or higher bandana) or please contact Natalie	5:10-6:10pm	Sept 11,18,25 *Oct 2 ,16,23	6 weeks \$80 *No class Oct 9 Dekalb Schools out

Please register at the front Desk Dunwoody Baptist Fitness Center.

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