

# kids & tweens Yoga Classes 2015

## Yoga. Laughter. Elevation.



**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.*



Please register at the front Desk Dunwoody Baptist Fitness Center

Any questions please contact [yoganatalie@yahoo.com](mailto:yoganatalie@yahoo.com) or 404-641-1325



Day	Ages	Time	Dates	Fee
Fri	Kids 5-11	4:00-5:00pm	Jan 23, 30 Feb 6, 20, 27 Mar 6, 13, 20	8 weeks \$96
Fri	Teens & Tweens (or have Green or higher bandana) or please contact Natalie	5:10-6:10pm	Jan 23, 30 Feb 6, 20, 27 Mar 6, 13, 20	8 weeks \$96