



Yoga for kids & family



YOGA FOR FAMILY

Family yoga focuses on teaching partner poses, cooperative games and yoga based art projects. Experience family dynamics and communication styles through the yoga class. For children age 5 and above. An adult partners the child!

YOGA FOR KIDS

Starting yoga at an early age encourages self-esteem and body awareness with a physical activity that's non competitive. Fostering cooperation and compassion instead of opposition, is a great gift to give our children.



BODHI YOGA STUDIO

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