



Child and Family Centre

## Family Yoga

2 to 6 years

Yoga is an excellent way for children to get the exercise they need at the same time, teaching children to relax, to concentrate, and how to be quiet and still. It encourages flexibility, strength, proper posture, and coordination.

Yoga is about developing your own unique, personal life skills that will help you to grow up fit, healthy, and happy.

Join us, along with your children, as we begin to explore the world of yoga. You and your child will be introduced to some postures, breathing and relaxation exercises, all while enjoying a good stretch! Music and movement are an important part of this program. This gentle approach is intended to be fun and interactive!



Please wear comfortable clothing as we will bend, stretch and move to music.