



at the The Baba Siri Chand Yoga Center
 368 Village Street, Millis, MA 02054
 508-376-4525



Six-Week Session
Starting February 29, 2012
Price:\$60.00

Pretzel Kids® incorporates traditional yoga postures with fun, imaginative games and relaxation techniques. By using games, breathwork, and visualizations, children naturally relax and have fun. Games are non-competitive and each child is encouraged to go at his or her own pace. By learning to appreciate what they can accomplish, children can also learn to feel comfortable with their bodies and their unique capabilities.

Instructor: Heather Martin
Ages 4-9

Wednesdays, 4:30-5:30 p.m.

Classes will be held on: 2/29, 3/7, 3/14, 3/21, 3/28,4/4

Please pre-register by February 16, 2012

Space is limited

Register at www.YogaAtTheAshram.org

508-376-4525

We will also be offering parents a Yoga Class at the same time in another room for a \$12 drop in

For more Information on Pretzel Kids® please visit www.PretzelKids.com

Pretzel Kids® is a registered trademark of Breathe Joy Yoga Inc.