



Kaiser Elementary Yoga

ANTS YOGA welcomes all students, new and returning! We provide your children a space to explore creative movements and learn yoga technique. During each class we will stretch, warm up and strengthen our bodies, introduce new movements, learn combinations, and have fun as a group. The styles explored will be ones that help children enjoy life, decompress, improve strength and flexibility and breathe! We will also focus on the interests particular to each class. Our teachers want your child to be excited about creative and healthy physical activity. We would love to see your child in class! Our class location is in the cozy Kaiser Elementary library.

Kaiser Yoga Practice and Play Schedule:

Weeks of: 3/10 - 5/19/2020 (10 sessions)

K-5: Tuesdays 3-4 p.m

Minimum: 3 kids

Maximum: 6 Kids

ANTS Yoga Registration Includes:

Yoga Certified and ANTS trained Coach
- Progressive and Fun Curriculum over
10 sessions.

100% inclusion for all skill levels!

Cost: \$250

Location: Kaiser Elementary Library

To register your child, and learn more about our program, please visit:

<https://www.antssports.com/programs/kaiseryoga>