

# KIDS YOGA



## Before, During & After School Enrichment Programs

Introduce your students to yoga in a simple, fun and uniquely effective program that helps kids calm themselves and get moving.

### Benefits of Yoga

**Connect:** Mindfulness builds community and enhances compassion and kindness towards others

**Breathe:** Harnessing breath helps kids manage emotional and energetic states, and teaches self-regulation

**Move:** Improves physical health, flexibility, strength, confidence and enhances executive function

**Focus:** Increases kids capacity to pay attention and focus on tasks, while also developing creativity

**Relax:** Restores alertness, manages over-stimulation and anxiety, and reduces insomnia



ZEN KIDS YOGA

# About Rachel

Rachel is a certified yoga and kids yoga teacher (RYT - 200) who brings her love of yoga and kids to local schools in a fun and creative way. The classes are a fun, playful, and non-competitive way for students to freely express themselves and get moving.



## Pricing

In class and afterschool enrichment programs available.

Please contact Rachel to discuss pricing and program information.



**Zen Kids Yoga**  
**nwzenyoga@gmail.com**  
**805.450.3570**

**[www.zenkidsyoga.org](http://www.zenkidsyoga.org)**