

Soulful J. Y. Yoga

Be Soulful. Be Fearless. Be You.

Yoga at an early age encourages self-esteem and body awareness with a physical activity which is noncompetitive. There are enormous benefits of yoga. Physically, it enhances their flexibility, strength, and coordination. Yoga can also help with concentration, calmness and relaxation. This program will be taught through storytelling, movements, games, music and other arts.

YOGA FOR KIDS **TUESDAYS**

Dates: September 6, 13, 20 , 27

November 1, 8, 15, 29

January 11, 18, 25

March 7, 21, 28

October 4, 11, 18, 25

December 6, 13

February 7, 14, 21, 28

April* 4, 11, 18, 25

**No fee for April*

**Class Fee:
\$40.00 monthly**

**Soulful J. Yoga
T-shirt
Included**

**Mats and Props
included**

**Manduka Liveon
kids mat are
available for
purchase
\$30.00**

SOULFUL J. YOGA

2851 N. Main St.
Suite 5
Belton, Texas 76513

Soulfuljyoga.com

254-933-7603