



Pint Size Yoga/Youth Yoga at Lumina



Winter/Spring Session starts March 2, 2011

Youth Yoga, age 10-14 – Wednesdays 4:15 – 5:00

Pint Size Yoga, age 6-9 – Wednesdays 5:00 – 5:45

March 2 – April 13, 2011

*Join the Fun! 7 weeks \$75/members
\$100/non-members*

*minimum # of 5 students, registration and payment due
at first class*

Pint Size/Youth Yoga is a fun, creative approach to yoga that is very helpful for children and adolescents whose bodies are still growing. Adult yoga practice can stress developing joints and muscles, but our postures are gentle and kid-friendly.

Carol Kagan is an experienced yoga, dance and physical education educator based in Metrowest. She holds a B.S. in human development and early childhood education from Cornell University and is certified to teach Creative Kids Yoga by Kripalu Center for Yoga in Lenox, MA.



Check out her website: www.PintSizeYoga.com.

Lumina is located across from the Longfellow Club, next door to the Zip Zone
For information or to reserve a space in the class please call 508-358-6022