

# YOGA FOR KIDS

## **We teach**

- ✓ Yoga Postures
- ✓ Breathing Techniques
- ✓ Meditation
- ✓ Warm up exercises and other body movements

## **Benefits**

- ✓ Improves Balance & Coordination
- ✓ Improves Memory, Speed and Reflex
- ✓ Improves Focusing power & Concentration
- ✓ Improves Speech & Socialization skills
- ✓ Promotes Creativity & Self confidence
- ✓ Increases Strength & Flexibility
- ✓ Helps to calm & connect to your self



*Teacher:* Poornima Karthik (200 RYT)

*Age group:* 3 -10 yrs

*Place:* Yoga and Meditation Center  
9484, Black Mountain Road,  
Suite G2, San Diego,  
CA – 92126

*Time:* Monday, 5:00 – 6:00 pm

*Fee:* \$10 per class

*E-mail:* [vpoorn@gmail.com](mailto:vpoorn@gmail.com)

*Website:* [www.yogaandmeditationcenter.com](http://www.yogaandmeditationcenter.com)

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