

FREE KIDS CLASSES: YOGA & MINDFULNESS

Getting Calm and Focused has Never Been So Much Fun!



SAVE YOUR SPOT NOW!

Come join the fun at the monthly Yoga and Mindfulness Classes during our Kids Yoga Teacher Training.

With a focus on fun, these classes help children develop strength and flexibility, learn mindfulness through stories and games, and enjoy relaxation, reducing anxiety and enhancing self-regulation.

Location: Dovercourt House, 2nd Floor

805 Dovercourt Road, Toronto, ON, Canada

Registration Now Open:

YoungYogaMasters.com/yoga-toronto

Preregistration is required for each class.

\$10 Deposit will Save Your Space. Deposit is refunded to those who attend. Register online or email for more info: info@youngyogamasters.com



FAMILY YOGA

ALL AGES WELCOME

Saturday 1:30 - 2:30 pm

Sept. 29, Oct. 20, Nov. 24

KIDS YOGA & MINDFULNESS

AGES 5 AND UP

Sunday 3- 5 pm

Sept. 30, Oct. 21, Nov. 25