

Kids Yoga

For All Kids Ages 4 And Up



Weekly on Saturdays
10:00AM-11:00AM



Kids Single Class: \$15

Kids 5-Class Pack: \$55

Kids can also share a parent's current class packs

Yoga teaches kids how to relax, develop body awareness, find their inner balance, build confidence, concentration, improve school performance and just have some fun. Appropriate for boys and girls of all ages 4 and up. No prior Yoga experience required. Yoga helps bring to the surface that marvelous inner light that all children have, so that they may shine bright and know that they are *Amazing!*

Saturday Kids classes are held in a separate room so the kids have their own space, and social distancing is practiced. Parents can attend the 10AM adult Basic Yoga Class in the main UpDog practice room at the same time - so the whole family gets their Yoga!

Note: Older children ages 9 and up are always welcome to attend any of our adult Yoga classes when accompanied in the class by an adult.



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickoOnDetroit.com