



YOGA SUMMER WORKSHOPS

Join us for a 3 hour yoga workshop for ages 6- 10. The class will include a 1 hour yoga class, a take home craft, scavenger hunt, games, snacks and more.

With NAKF we strive to make our children more mindful one step at a time! Yoga at a young age creates a love of physical and mental health early! Yoga improves a child's balance, core strength, coordination, focus, self esteem, and self regulation.

More Info

Available Dates:

~~6/2~~, ~~6/16~~, 7/14, ~~7/28~~
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Age Group: 6-10

Time: 3:00-6:00

Price: \$75

Register at

<https://www.signupgenius.com/go/10C0F4AAAAA2AABF9C07-summer>

Email kaityconnor92@gmail.com with any questions/concerns

Receive 20% off a month of yoga classes when you sign up for one workshop