

YOGI TOES



MY SECRET?

*For children
ages 3- 14*



YOGA, OF COURSE



BENEFITS OF YOGA

**STRENGTH, FLEXIBILITY, CONFIDENCE,
SELF CONTROL, AWARENESS, INDIVIDUALITY
STRESS RELIEF, CONCENTRATION
COOPERATION, EXPRESSION, COMPASSION
BALANCE, RESPECT & RELAXATION.**

TIMING & PRICING

Every Sunday

7 Pounds/lesson

2 to 2.45 pm - 3 to 5 Yr

45 Minutes/ session

3 to 4 pm - 5 & above

with breathing exercise/

Mrs. Subha Nanda

Games, 20 Yoga poses &

contact 07446878485

relaxation

Lots of Themes, Games & fun with structured class to tickle your lil one's Imagination

