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RASA-FROGS YOGA FOR AGES 3-6!

When: Mondays, 12-1pm*
Starting January 12th, 2009

Special Price: \$50 for a 6 weeks series (normally \$65)

** coincides w/ lunch hour flow – perfect for mom/dad to get their yoga in too!*

RASA-KIDS YOGA FOR AGES 7-12!

When: Thursdays, 4:15-5:15pm
Starting January 15th, 2009

Special Price: \$50 for a 6 weeks series (normally \$65)

Your child will learn the transformational practice of yoga, integrated with music, visual arts and ecology, in a safe and fun environment. It will allow children to have fun with the flexibility of curiosity, balance and compassion. Kids will practice and develop skills in concentration and relaxation, and they will stretch and explore their own potential for strength and flexibility, working together and learning about the world through optimism, empathy, and cooperation.

Kids 2 years of age may attend Kids Yoga with mom or dad in class. **For 2 years and under**, parents & child are always welcome to participate in the post-natal class currently on the schedule for Fridays at 12:15-1:15pm.

Classes are taught by **Natalie Stawsky, E-RYT**. During her many years teaching Yoga for Kids, Natalie has worked in dozens of schools, studios and community programs in Los Angeles, CA. She is trained by Annie Buckley (Yoga for Kids), Krishna Kaur (Yoga for Youth), Impact Foundation (Yoga Kids) and Shakta Kaur Khalsa (Radiant Child, and Heart & Soul Work with Children). See www.rasayogacenter.com for her bio.