

Free Trial Yoga For Parents and Kids



**12th March 2016
(Saturday)**

10:00AM TO 10:40AM

B-3-1, Block B, Ativo Plaza

Bandar Sri Damansara

Instructor : Ms Joanne 012-2085542

Benefits of Yoga for kids :

- ▶ Enhances flexibility, strength, coordination and body awareness.
- ▶ Build concentration and sense of calmness.
- ▶ Manage stress through breathing, awareness and healthy movement.
- ▶ Increase confidence and positive self-image
- ▶ Alternative to tuning out through constant attachment to electronic devices.
- ▶ Self discipline , listening skills and language development.