



## Mini Yoga

This series of classes will introduce young children to yoga in a fun, imaginative way. Students will explore yoga poses through creative play, cooperative games as well as simple breathing and relaxation exercises. Mini yoga promotes coordination and self-expression in a supportive, caring environment.

**Students:** ages 4–7

**Dates:** Fridays (July 9,16,23 and August 6,13,20)

**Time:** 8:30–9:30 AM (pick-up promptly at 9:30)

**Place:** Oceanfront Yoga

3316 Atlantic Ave

Virginia Beach, VA 23451

**Cost:** \$ 60

**Special Instructions:** Bring a mat or borrow one from us.

Please visit us on the web ([www.oceanfrontyoga.com](http://www.oceanfrontyoga.com)) or contact Elizabeth Kocan ([eli.kocan@gmail.com](mailto:eli.kocan@gmail.com)) with any questions or concerns.

