

# 6-week Summer Youth Yoga Workshops!

With Julie Markovitz, RYT



## **Kid's Yoga Ages 3-5** **Thursday 12:15- 1:30** **July 8-August 12**



Julie will guide the children on a different yoga adventure each week where they will learn a wide variety of age appropriate poses. Children will build strength, coordination, balance, flexibility, body awareness and self confidence-all tools that will last a lifetime!

## **Kid's Yoga Ages 6-9** **Wednesday 4:45-6:00** **July 7-August 11**



In a nurturing and non competitive environment, children will learn individual, partner and group poses as well as simple centering and breathing techniques that will help them relax, focus and celebrate their true essence.

## **Teen Yoga Ages 10 and up** **Tuesday 4:45-6:00** **July 6-August 10**



Aside from the many physical benefits, yoga for teens teaches techniques for dealing with insecurity, stress and uncertainty. Developing a yoga practice helps this age group feel better and have more energy.

*All workshops are 6 weeks series and cost \$72.00.  
Adult classes are offered at the same time as the above classes.  
For more information call Julie at 818-421-7779*



*Julie Markovitz RYT is a certified Yoga Teacher and has a BA Degree in Child Development and Dance. She has taught yoga and dance to children and teens for over 20 years and is the recipient of multiple awards for her innovative programming.*