



Kids & Tween Yoga Winter 2019

Kids Yoga | K-5th Grade

No Class: September 30; October 14, 21



Children will practice yoga poses, partner poses, challenging poses, breathing exercises and mindful activities in a fun way. They will go on age-appropriate yoga adventures and will learn techniques to help their bodies become stronger and more relaxed. Every class ends in a sweet relaxation and with a foot-rub... because kids LOVE that too!

	Day	Time	Dates	Code	Price
K-5th Grade	Mondays	5:00-5:45pm	1/6-3/23	PEK2YY	KidsTime: \$130; JCC Member: \$155; Guest: \$170

Tween Yoga | 10-13 Years Old

No Class: September 30; October 14, 21



Tweens will practice yoga poses, partner poses, challenging poses, breathing exercises and mindful activities. They will learn techniques to help their bodies become healthier, stronger and more relaxed. They will be provided with tools to help them cope with the stress and confusion, navigate through the pressures academically, socially and emotionally and get a deeper understanding of themselves. Classes will include yoga and mindful games, restorative yoga and always end in relaxation.

	Day	Time	Dates	Code	Price
10-13 Years Old	Mondays	6:00-6:45pm	1/6-3/23	PE35YY	KidsTime: \$130; JCC Member: \$155; Guest: \$170

Register for classes → phillyjcc.com/youthsports



Instructor, Ofrit Gal Barash, is a passionate and experienced Yoga teacher, specializing in kids programs. She is certified in Hatha Yoga (Yoga on Main, Manayunk), Kids Yoga (Karma Kids Yoga, NY), Yoga Mom Buddha Baby with Jyothi Larson, Brain Gym 101 with Mari Miyoshi and Yoga for Special Needs by Every Kid's Yoga. Her background is diverse and led her to find her true passion. Following her family move from Canada to the US in 2012, she decided to focus on what she is truly passionate about- yoga and kids. Her mission is to share and encourage an early practice of yoga that can grow with children into adulthood and lead them on a path towards a calm and balanced mind and body.