



Youth Sports

# Kids Yoga

# Spring 2019



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!

## Kids Yoga | K-2nd Grade

No Class: April 17

	Day	Time	Dates	Length	Code	Price
K-2nd Grade	Wednesdays	4:30-5:15pm	4/10-6/5	8 week	PEK2YY	KidsTime: \$130; JCC Member: \$155; Guest: \$170

## Kids Yoga | 3rd-5th Grade

No Class: April 17

	Day	Time	Dates	Length	Code	Price
3rd-5th Grade	Wednesdays	5:15-6:00pm	4/10-6/5	8 weeks	PE35YY	KidsTime: \$130; JCC Member: \$155; Guest: \$170

Register for classes ➔ [phillyjcc.com/youthsports](http://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.