

# Yoga For Kids & Adolescents

## Vivacious Living Centre

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### Why is Yoga so good for us?

- It keeps our BODY, MIND & SPIRIT happy & healthy
- It's for ANYONE of ANY AGE no matter how flexible or fit you are...
- Yoga is about challenging your self one step at a time...
- BUT most of all it is about HAVING FUN!

It also:

- Improves our ability to soothe our own emotions
- Helps us learn the importance of sharing and being there for each other
- Keeps us active
- Reduces stress and anxiety
- Teaches us about the world, nature and our environment
- And so much more!



Contact Talia for more information on times and details for either individualized programs or small group classes.