



*Little Minds – Yoga and Well-being*  
*Mindfulness for the Little Soul*

Yoga and Mindfulness Class for ages 3-6

We're so excited to share our love of yoga and mindfulness with your little one!

This fun, age-appropriate class purposefully integrates yoga and mindfulness. The class blends music, cooperative games, breath-work and relaxation in a safe space for connection and play.

If this is your first *Little Minds Yoga and Well-being* class, we're excited to have you join us! Our approach to sharing yoga with youth is as a practice for well-being and this focus shapes how we approach and deliver our programs.

We want this to be a positive experience with yoga for your child to enjoy in a non-competitive environment. Yoga can help modulate energy and mood and relieve stress. Yoga as a practice can help support your child's physical, emotional and mental health!

Everything we do is about the experience. There is no right or wrong way. Poses do not have to be perfect. Everyone's body will look different in a pose. The attention will not be so much on how the poses look from the outside, but more about how it feels from the inside. We explore poses asking questions like "which way feels better for you?"

Participation is a choice and it's okay if your child chooses to observe. All children are different and so their participation in class may look different too. Building trust and feeling safe may take more time for some so participation may look different for every child.

We look forward to sharing Little Minds Yoga and Well-being with your little one!

Please feel free to reach out if you have any questions!

Your Instructors,

*Miss Kay & Miss Cathy*  
Kay Epple & Cathy Fitzgerald

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