

YOGA ADVENTURES

Yoga Calm® for Children Class

Help your child develop healthy habits for a lifetime of wellness and happiness.

Yoga Calm gives children a practice and routine that integrates physical, mental and emotional development.

Skills taught include: breathing, yoga poses, counseling games and relaxation techniques.



“Yoga Calm has helped my attitude. I never used to talk about my feelings, and now I do”
~ 11 year old student

“My child is sleeping so much better after his Yoga Calm class”
~Parent

Sundays: October 2, 9, 16, 23
3:00-3:45 p.m.

\$40.00 for four-week session

Solomon Centre
1621 6th St South
Sartell, MN 56377

Register: centralmnyoga@gmail.com or
612-723-0755

All classes led by certified Yoga Calm Instructors
Jill Moorthy, MSW, LICSW, RYT 200
Kathy Clingman, Licensed Educator, Thai bodyworker
Loretta Steckelberg, MSW LICSW

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