

Yoga Calm® Class for Children

**Sachi Wellness
Center**

**2008 Willamette Falls
Drive #200
West Linn, OR 97068
To register call:
(503) 575-5548**



Tuesdays

Jan. 10-March 13

(no class Jan. 24 or Feb. 14)

4:00pm-5:00pm

**8 Sessions for only
\$120**

For children ages 6-12

Yoga Calm engages heart, mind and body through its unique blend of physical yoga, social skills games and relaxation techniques. Through Yoga Calm, children develop strength and flexibility; learn to regulate energy and emotions; and develop healthy habits for a lifetime of wellness.



**YOGA
calm®**
**CERTIFIED
INSTRUCTOR**



Laura Barbour, M.Ed., is a licensed Professional School Counselor, teacher and certified Yoga Calm® Instructor. She has over 20 years of experience teaching, counseling and nurturing children from preschool to high school in a variety of educational, clinical and wellness settings. Laura can be reached directly at: laurabee@comcast.net.