



# Yoga Calm® for Children Class



Mondays  
January 9 – January 30  
6:30-7:15 pm  
(ages 6-10)

St. Paul Gallery  
943 W. 7<sup>th</sup> St.  
St. Paul, MN 55102

\$35 for the four-week session  
Register: 651.216.2155

For more information:  
[katie.thune@gmail.com](mailto:katie.thune@gmail.com)

## Yoga Calm for Children Class

with Katie Thune, Certified Yoga Calm Instructor


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, emotional and social development. Skills and activities covered include:

- Simple breathing techniques to slow down the nervous system, develop self-control and connect children with their feelings
- Yoga poses to release energy, learn compassion, and develop strength, concentration, and self-confidence
- Counseling games and process that develop patience, mindfulness, compassion, leadership, and other social/emotional skills
- Relaxation techniques and storytelling to calm the body and mind, and integrate physical, emotional and cognitive experiences

This class is open to all, ages 6 through 10. Through this yoga practice, your child will develop more personal awareness and learn specific strategies to maintain focus and manage their emotions and impulses. Over time, these skills and practices develop greater health, self-mastery and well-being.



**Katie Thune is a Certified Yoga Calm Instructor.** She is also a teacher in the St. Paul Public Schools as well as program staff for the Highland Friendship Club.



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