



~ HAPPY HEARTS IN MOTION ~

Young Yogis

Assist your young children to create healthy social and emotional habits for a lifetime of wellness and happiness.



This comprehensive 10-week Yoga Calm® with Social-Emotional Skills Training program for Preschool Children combines a Family Coaching component for parents to try at home.

Yoga Calm® principles assist to successfully integrate physical, emotional and cognitive experiences.

Simple breathing techniques help calm young minds and bodies, yoga poses and sequences build physical strength and flexibility, social-emotional games build life skills and relaxation techniques with storytelling and singing create happy and healthy young hearts.

Fan us on Facebook and get 25% off classes!



Yoga Calm®
&
Life Skills
Classes

Preschool
Children
2-6 years old

With Parent
Consultations

Dr Nadia Delshad
Psychologist and
Yoga Calm®
Instructor

Monday am/pm

Wednesday am/pm

\$175 program fee

Younger Siblings
Welcome



**CERTIFIED
INSTRUCTOR**