

Fall Fun!

Yoga Class for Children Ages 7-12

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 life of wellness.

Laura Barbour, M. Ed. is a licensed School Counselor and certified Yoga Calm Instructor. She has 20 years of experience teaching and counseling children in both general and special education settings.

503-575-5548

misslaurab@msn.com



Theresa Maré, M. Ed. is a special education teacher and certified Yoga Calm instructor. She has over 20 years of professional and volunteer experience teaching preschool and elementary aged students.

503-771-7342

mares@spiritone.com

8-Week Session

Mondays,
Sept. 13th - Nov. 1
4:30pm-5:30pm

\$120



To register: Contact Kit at the Portland Yoga Studio.
7817 SE Stark St. Portland, OR 97215 ✉ (503) 975-5298