

Evansville Yoga Center Presents:

Kids Yoga

Toddler Yoga ages 2-5

Dates: Tuesdays
 Session I Sept. 15, 22, 29, Oct. 6
 Session II Oct. 20, 27, Nov. 3, 10

Times: 4:00- 4:30 pm

Cost: \$40 per child
 *min. 4 children, max 10



Kids Yoga ages 6-10

Dates: Tuesdays
 Session I Sept. 15, 22, 29, Oct. 6
 Session II Oct. 20, 27, Nov. 3, 10

Times: 4:45-5:30 pm

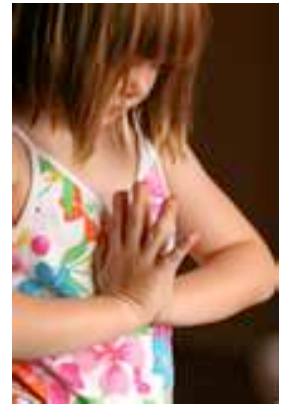
Cost: \$45 per child
 *min. 4 children, max 10



Location: Evansville Yoga Center East
 581 Green River Road.
 Evansville, IN
 (next to Chuck E. Cheese, across from Eastland Mall)

What your child will learn:

- Yoga postures relating to animals.
- Yoga to improve flexibility, posture, and aid with balance.
- Fun songs, crafts and much more!
- Develop important skills in a non-competitive environment
- Nurture your child's inner strength and self acceptance



Teacher:

Stacey Shanks, RYT has been practicing and teaching yoga since 2003. Her life was transformed during a yoga therapy workshop that intrigued her to learn more. Since then, she has continued her yoga journey by attending workshops from some of the most renowned teachers like Sean Corne, Bryan Kest, Rolf Gates and many more which has helped form her fun teaching style. She regularly teaches flow style yoga for all levels, and loves to teach children, teens and other special populations. Stacey is registered as a RYT with Yoga Alliance. www.yogaandlife.com

To register, call:

Stacey Shanks (812) 455-6740 or stacevshanks@insightbb.com