


You can 
Empower children,
Share the gift of yoga,
create a more peaceful world.




Fitness, Fun and Feeling Great since 1991

A Taste of YogaKids

Yummmmm!
August 15, 2010

1pm - 4 pm

 This is a delicious way to learn fresh and powerful new ways to enrich the lives of children. A Taste of YogaKids introduces you to our unique way to share the benefits and life lessons that echo the yogic principles of oneness, interdependence and FUN!

Whether you want yoga tools for home, school or a new career, we guarantee you'll love YogaKids.

This 1-day workshop will introduce you to the techniques and principles YogaKids is founded upon. You will learn invaluable skills for sharing yoga with children and helping them build:

- ◇ Self-esteem
- ◇ Confidence
- ◇ A lifetime of well-being.

No previous yoga experience necessary.

Perfect for:

- ◇ Elementary and Secondary School Educators
- ◇ Parents
- ◇ Yoga Teachers
- ◇ Healthcare Professionals

LOCATION:

Yoga Spirit
5681 Goring Street
Burnaby, BC V5N 3Y7

TRAINER:

Name: Lou Lynn
Phone: 604 719.3037
Email: lou@littletreeyoga.com

TUITION: \$79.00

**Register at
YogaKids.com**



"YogaKids is an excellent
yoga primer for children"
Dr. Andrew Weil

"YogaKids makes learning yoga fun"
Dr. Deepak Chopra

