



bhava

YOGA STUDIO PRESENTS

little buddha yoga

FOR KIDS SCHOOL AGE K-5

BEGINNING AUGUST 25

WEDNESDAYS, 4:30–5:30PM

\$5 CASH ONLY



Creative and fun yoga activities for little bodies. Strategically scheduled to let parents attend a yoga class while children are enjoying an hour of stories, games and yoga!

Parents, an adult \$5 yoga class runs simultaneously with the kids class.

Kristen Martinez works with children in many capacities. In addition to working with kids at Stone Age Climbing Gym, she also taught yoga and science to 5th through 8th graders at Nature's Classroom outdoor school. She is an NSCA-Certified Personal Trainer and certified by Mini Yogis. Shortly after college, she opened Little Buddha Yoga. She also teaches fitness classes to adults, children and families. Kristen will make yoga the most fun your child has during his or her week!