

AM kids

YELLOW

Ages 2.5 - 5

Children begin to explore the basic principles of yoga and the AM sequence. The foundation for a life long yoga practice is created through learning basic principle of poses. Children are taught breathing techniques and mindful practices to empower self regulation, focus, responsibility, presence, calm, and health. This class includes a craft/game/activity. Fun, curiosity, and laughter are cultivated and encouraged.

GRAY

Ages 5 - 8

Students discover new poses within the AM sequence and build on the principles of yoga. Kids develop strength, coordination and focus through movement, breath and meditation. Yoga principles and self regulation are taught through creative games, intentional exercises, and even arts and crafts.

BLACK

Ages 8 - 15

Kids use their knowledge of basic poses and learn transitions connecting the poses together to create the AM sequence. Interactive partner poses, age-appropriate games and intentional exercises leave students feeling empowered all while building self-esteem and confidence. Focus and relaxation are learned through our breathing and meditation practices.