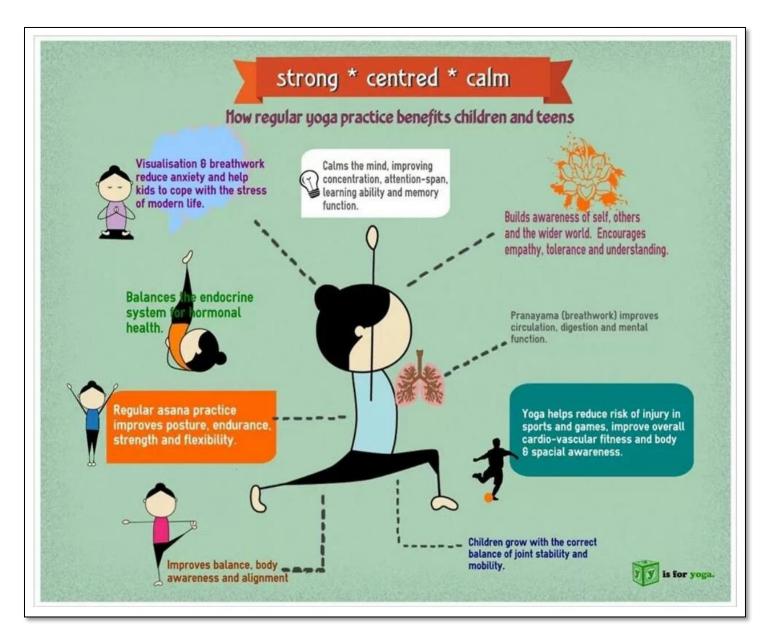
Why Yoga?



Here are just a few of the benefits your child can experience from a regular yoga practice:

- toning and strengthening muscles
- · calming the mind
- behavioral management
- reduction of Asthma implications
- increased stamina to help a child excel in other physical activities or sports
- breathing techniques to help themselves through tough times, such as the pressure of exams, or dealing with difficult emotions