

Yoga for Children!

Premajyothi & Kamala provide young students the experience of yoga in a way they can relate.

Monthly Classes begin with a 35 minute hatha class, followed by an inspiring and fun art project.

Saturday 1:30 - 3:00pm

**Sept 23, Oct 28, Nov 25, Dec 30,
2017**

**Jan 13, Mar 17, Apr 14, May 5,
2018**

Each child is unique. Each one has something special to offer. It is the duty of the teacher to bring out the special qualities of each student, to facilitate the uncovering of the True Nature, which is Peace and Joy. So the real education is not putting some new material or information into the child. It is not just filling up the mind with facts and figures like a tape recording. The real education is to encourage the child to know his/her True identity and to express that Truth in one's life. —Swami Satchidananda