

Yoga for Children!

Premajyothi & Kamala provide young students the experience of yoga in a way that is fun.

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



Saturday 3:00 - 4:30pm
Sept 15, Oct 27, Nov 17, Dec 1,
Jan 12, Feb 2, Mar 2, Apr 13,
May 11, 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