

# Children's Yoga!

Premajyothi Devi, Certified Children's Yoga Instructor and Karen Kamala Guancione, Yoga Instructor and Renowned NJ artist, together provide young students a fun experience of yoga in action and yoga in art.

Each session will begin with a 35 minute hatha class followed by an inspiring art project.

Children will be guided in collages, group mandalas, garlands, masks, and other engaging projects that stimulate young minds and inspire their hearts.



**Ages 4 through 11**  
**Saturdays 3:00 - 4:30pm**

**Sept 15, Oct 27, Nov 17, Dec 1, 2018**

**\$10 per class**

**Please call [201-796-7585](tel:201-796-7585) to Register**

**Integral Yoga Institute 21-03 Maple Avenue Fair Lawn NJ 201-796-7585**