

# *Monthly Children's Yoga!*



**Premajyothi & Kamala provide young students the experience of yoga in a fun and engrossing way.**

Classes begin with a 35 minute hatha class & storytelling with Premajyothi, followed by an inspiring art project with Kamala. Children will be guided in collages, group mandalas, garlands, masks, and other engaging projects that stimulate young minds and inspire their hearts.

**Saturdays 3:00pm - 4:30pm**

**Jan 18, Feb 22,**

**Mar 21, April 25, May 16**

**Only \$10 per class**



*If I had to do my whole education over, I would not waste time memorizing acts and gathering information. I would learn concentration and meditation. With a focused, concentrated mind one can learn anything. Swami Vivekananda.*

*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*