

Kids Yoga Class at Lafayette Elementary

KRISTA IS A FORMER ELITE GYMNAST TURNED YOGI. HER YEARS OF DISCIPLINE HAVE NOW SOFTENED TO A MORE GENTLE PRACTICE WITH YOGA. HER CLASSES PROVIDE A SAFE SPACE FOR STUDENTS TO LEARN AND GROW AT THEIR OWN PACE WHILE CONNECTING WITH THEIR INNER SELVES.



IN THESE CLASSES, STUDENTS ARE INTRODUCED TO YOGA PRACTICES, BOTH PHYSICAL AND MENTAL. AWARENESS OF POSTURE AND BALANCE IS ENCOURAGED. TRADITIONAL ASANAS SUCH AS SUN SALUTATIONS A & B WILL BE TAUGHT IN A WAY THAT ENGAGES THEIR PERCEPTIONS OF BREATH AND BODY MOVEMENT, FROM SIMPLE TO MORE COMPLEX. THERE WILL BE EMPHASIS ON BREATH, MENTAL FOCUS, VISUALIZATION AND SELF-AWARENESS INCLUDING THE ART OF SILENCE. BASIC TRADITIONAL CHANTS WILL BE INTRODUCED. NAMASTE.

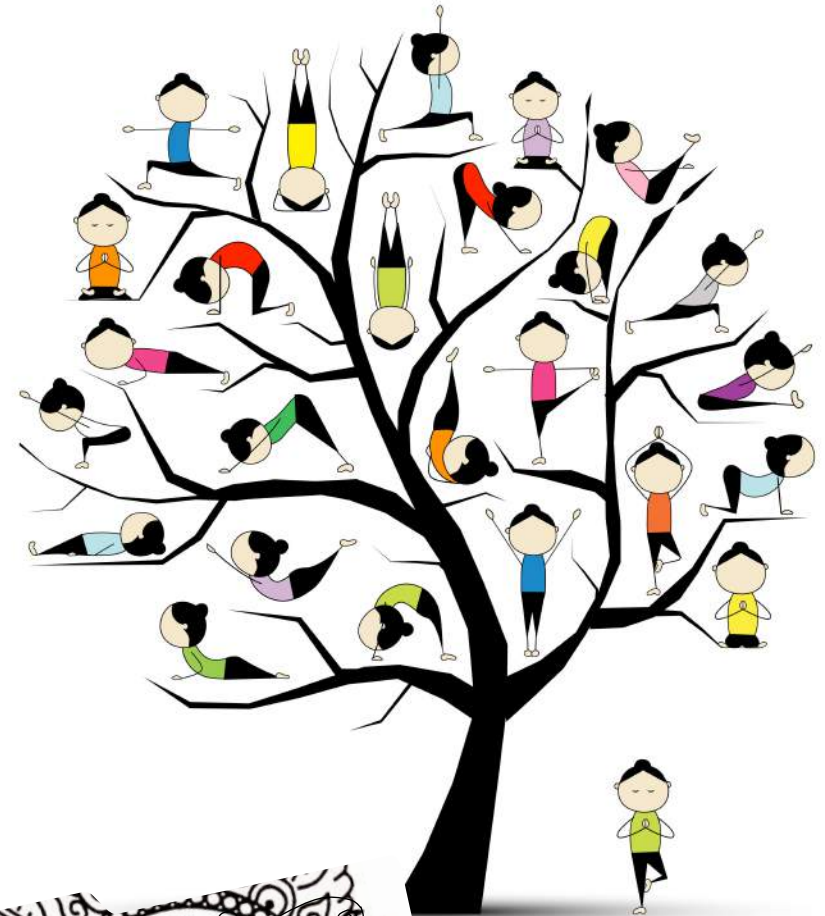


YAMA

NIYAMA

TELL - SHOW - DO - BE

Kids Yoga Class!



INFO: KRISTA.A.KAHL@GMAIL.COM 213-453-5904

Parsvakonasana
Side Angle Pose

Frida Kahlo

