

# YOGA FOR KIDS

## AT PURUSHA YOGA STUDIO



**TUESDAYS**  
GRADES 3-5

**THURSDAYS**  
GRADES K-2

2:00-3:00 pm  
3729 Balboa Street

A mindful movement class designed to make the 8 limbs of yoga accessible for mini yogis! This class will be dynamic and engaging, with an emphasis on strategies for calming the body and the mind.

Mats will be provided or students may store their mats at the studio.

MEGHAN HANE BUTT, M. Ed, RYT 200 Yoga Teacher

Meghan Hanebutt, M. Ed, 200 RYT lives and breathes yoga and education. She has been a classroom teacher, an elementary school principal, a yoga instructor, a designer, a small business owner, and currently, an educational consultant and yoga teacher for kids. She is the founder behind *The Present Classroom*. More info at [ThePresentClassroom.org](http://ThePresentClassroom.org)



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