

Yoga for Kids at Sangha

Starting Friday May 20th, 2011 from 5:15pm -6:15pm
At Sangha – 56A Kandahar Street
(Opposite Malay Heritage Center)



Benefits of Yoga for Kids

Learning postures that will improve coordination, balance, increase strength and flexibility.

Themes for each class will provide a sense of wellbeing while working through postures in a safe and child friendly environment. These classes will help to educate, empower and boost the confidence of children.

Children will be learning techniques to help with being calm when they're hyperactive. These classes will be designed to improve focus and concentration with simple breathing techniques and visualization.

We'll use props and games to make the classes more interesting and fun. The activity of practicing yoga poses will release 'feel good hormones' (endorphins) naturally in the body.

For Rates and other enquiries , please email Nadia Faruki at info@sangha.com.sg

We are located at 56A Kandahar Street – www.sangha.com.sg

Tel: 62967202, 92331159

