

2019 TWEEN YOGA PROGRAM

Every Saturday 10.30am-11.30am



Term 1 : 12 Jan – 9 March (Except 2 & 9 Feb)

Mind, Body and Self Love Connection

Starting the new year with tweens learning to connect themselves to their mind and body through yoga poses, whilst learning about self-love.

Term 2 : 16 March – 4 May (Except 30 March)

Yoga and Feelings

Tweens are at sensitive stage in life, where feelings and expressions can be complicated. Through yoga, we guide them to explore self expression, to build self-esteem and confidence.

Term 3 : 11 May – 6 July (Except 1 & 8 June)

Partner Yoga Fun

Partner yoga poses require trust, confidence and camaraderie. Partner games are included this term to tap into trust building and group participation.

Term 4 : 20 July – 21 September (Except 10 & 31 Aug, 14 Sept)

Yoga Through Stories

This term, the Tweens will create their own story board through the yoga poses learnt from previous terms - a great way to tap into their creative minds.

Term 5 : 28 Sept – 23 Nov (Except 26 October)

Yoga and Core Values

The practice of yoga is much more than yoga poses. It includes the other “subtle layers” like core values in life, kindness, compassion, love and non-violence. In our final term, we will introduce Yoga Philosophy through poses, games and stories.

Fee per term : RM 210 per child (7 Classes Each Term)

Age Group : 9 - 13 years old

*No replacement/refunds for absenteeism
Kindly email or WhatsApp us for registration

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