

2020 TWEEN YOGA PROGRAM

Every Saturday 10.30am-11.45am



Term 1 : 11 Jan - 7 March (Excluding 25/1 & 8/2)

Yoga with Props - Using props in yoga will assist the Tweens to find more space and stability in the poses. For the start of the year, yoga props such as blocks, straps, chairs and the wall will be introduced to help make more intermediate poses accessible and fun.

Term 2 : 28 March - 23 May (Excluding 2 /5 & 9/5)

Standing & Balancing - Tweens will explore lots of balancing poses, and practice to stay focus when they are faced with challenges. It is completely fine to fall. The most important thing is to get up, and stand strong again.

Term 3 : 13 June -25 July

Twist like a Pretzel - There are many benefits in twisting poses such as improving the digestive system, reducing lower back pain, improving posture, and de-stressing the body and mind. Expects of lots of twisting poses this term.

Term 4 : 8 August - 26 September (Excluding 29/8)

Arm Balances and Postural Alignment - Tweens love challenges all the time. This term we will challenge them with arm balancing poses, as well as focus on the shoulders and upper back, to release stress, improve breathing and posture.

Term 5 : 3 October - 21 November (Excluding 14/11)

Yoga Flow Challenge - For our final term, the Tweens will work together, and build a yoga sequence based on what they have learnt in class so far. They are free to inject creativity, fun and challenging poses in their self-created sequences.

Fee per term : RM 280 per child (7 Classes Each Term)

Age Group : 9 - 13 years old

Please whatsapp 019-2959766 for registration

***No replacement/refunds for absenteeism.**

