

# 2021 TWEEN & KIDS YOGA

## Tween Yoga

Tweens will be practicing yoga poses in a playful way compared to adults yoga. Different types of props will be used to assist Tweens to make the poses attainable. In Tween Yoga classes, we will begin to introduce and discuss Yoga Philosophy through creative story-telling to make the subject adaptable for young minds. Tools will be taught to relieve stress and manage emotions, as well as increase proprioception and body awareness.

**Every Saturday, 11.45am to 1pm**

**Age Group: 9 - 14 years old**

**Fee: RM280 per term (7 sessions)**

**\* Limited to 10 pax**



## Kids Yoga

Kids will experience a combinations of poses, songs, stories and even games in classes. Kids are always active and lively, so the yoga classes for this age group will tap into their energy, creativity and spontaneity. We will also practise different breathing techniques to help kids to relieve stress and calm the mind.

**Every Saturday, 2.30pm to 330pm**

**Age Group: 4 - 8 years old**

**Fee : RM210 per term (7 sessions)**

**\* Limited to 10 pax**



### \*Term Dates for Tween & Kids Yoga\*

Term 1: 16 Jan to 6 Mar ( Except 13 Feb)

Term 2: 13 Mar to 8 May (Except 27 Mar & 1 May)

Term 3: 19 June to 14 Aug (Except 17 & 24 Jul)

Term 4: 4 Sept to 23 Oct (Except 18 Sept)

Term 5: 30 Oct to 11 Dec



**Please whatsapp 019-295 9766 for registration & payment details.**

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

[www.pranayogakl.com](http://www.pranayogakl.com)

