SWEET PEA YOGA

DO YOU WANT CALMER, HEALTHIER, HAPPIER AND MORE RESILIENT CHILDREN?

Vajra will teach a 10 week session of SWEET PEA YOGA to the primary and elementary classes. Each Yoga class will be structured in an age appropriate playful format and will incorporate Asana (postures), breath work, and quiet time. Your child will learn powerful tools to bring into every aspect of life.

YOGA FOR CHILDREN:

- Helps bridge the mind and body connection.

- Creates a foundation of love and respect for her/himself and others.
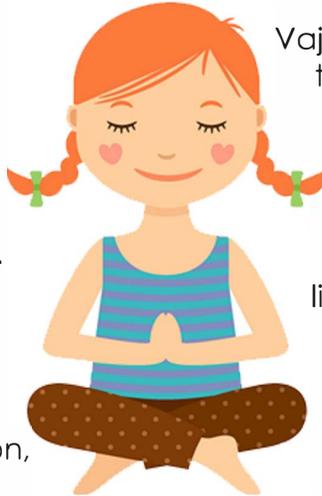
- Improves strength & flexibility, and relaxes the body.

- Expands creativity and imagination, and helps with self-regulation.

- Yoga presented in a child's language can help counter the stress experienced by little ones living in our hurry-up world.

Vajra has been studying and teaching traditional Ashtanga Yoga since 1997. She trained extensively with the late Ashtanga Yoga master, Patabhi Jois, in Mysore India. She was certified to teach in 1997. Vajra is also certified to teach restorative Yoga in the Iyengar lineage through Judith Lasater. She has taught yoga to 1,000's of people from beginners to highly advanced at her own studio in Mill Valley, CA and other top Yoga studios. Vajra's love for teaching Yoga to youth began through teaching disadvantaged children in the Bay Area and has continued with practicing yoga with her three young children, Ramsey, Jackie and Pema.

COST - $150

Begins Jan. 10 and ends May 8, 2020.*

Primary: Fridays from 3:15PM-4PM
Elementary: Fridays 4:15PM-5PM

*No classes 1/17, 1/24, 2/14, 3/13, 3/20, 3/27, 4/10, 5/1

Children must bring a non slip Yoga mat with their name clearly labeled on it to each class. If you are interested, please return the completed form and check payable to Vajra Farnsworth. **For more information please contact:** Vajrafarnsworth@gmail.com | 415.302.6756

Childs Name: _____ Age: _____

Class: _____

Parents Name: _____

Prior Yoga Experience (Not Required) and any body Issues I need to know about):
_____

Email: _____ Phone number: (____) _____-_____