

CHILDREN'S YOGA PROGRAMS

 July 6 - August 31, 2023

 Christ Church Flamborough
92 Hwy 8, Dundas, ON

Register Now!



www.emotionalconnectionyoga.com




AGES 3 - 5 yrs

 Thursdays 9:00 am - 9:30 am

- Preschool-aged yoga program aimed for young children to explore yoga poses in a fun and playful way incorporating various books, games and movements to spark their imagination.

AGES 6 - 9 yrs

 Thursdays 9:45 am - 10:30 am

- A fun and play-based way to introduce kids to yoga poses & mindfulness practices.
- Each week different stories, games & activities will be explored to support selected positive character traits.

