

Rising Sun Yoga

Yoga for Kids

with Ann D'Alessandro

Starts 9/16 & 11/4

Yoga is an excellent foundation for everything in life. It not only increases strength and flexibility but also fosters self awareness, creativity and self expression. This program will include asana (yoga posture), pranayama (breath awareness), relaxation, meditation, fun and playful expression through art and journaling. Through the exploration of their own unique individuality children will find their Rising Sun.

Ann D'Alessandro, a certified yoga instructor and mother of 2, has been teaching and practicing yoga for the past 10 years. She believes in the transformative power of yoga for all ages and all people.



Date and time:

6 week series
starting September 16 &
November 4

Ages 5-9 years old

Thursdays, 4:00–5:00pm

Cost:

\$60 for series

Try the first class for free!

Registration Required:

Call Ann at 978-363-2705 or
email: ardalessandro@msn.com



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