



# LSF ACADEMY - KIDS YOGA



**Fall Session:**

September 5th-November 7th  
Tuesdays, 5:15-6pm



**Member Price:** \$20 per class  
*sign up weekly*



RSVP on the MyLSF app  
[KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com)

## ***Kindergarten-5th grade*** **Sign up your little yogi for a weekly 45-minute yoga class.**

This introductory-level class will focus on fundamental yoga poses, movements, and breath. Themed classes, share circles and yoga-inspired games, partner poses, meditation, and art projects will be interwoven throughout to keep your young ones engaged while moving toward our overall goal of nervous system regulation. Mats are provided and class is held in Yoga 2.

*\*This is a drop-off program, parents must remain in the building.\**