

# LSF ACADEMY KIDS YOGA

## **BITTY YOGA (AGES 3-5)**

Sign your mini yogi up for this weekly 30-minute Yoga Class that introduces simplified and accessible yoga poses, movements, and mindfulness activities through books, music, dance, and art. Your young one will love the short and simple flows shaped by various themes. Mats are provided, and the class is held in Yoga 2.

**Tuesday 4-4:30pm**

## **YOGA FOR KIDS (6-12)**

Sign your yogi up for a weekly 45-minute Yoga Class. This introductory-level class will focus on fundamental yoga poses, movements, and breath. Themed classes, share circles, yoga-inspired games, partner poses, meditation, and art projects will be interwoven throughout to keep your young ones engaged while moving towards our overall goal of nervous system regulation. Mats are provided, and the class is held in Yoga 2.

**Tuesday 4:45-5:30pm**

### **Session Dates:**

**FALL: Aug 25 - Nov 2**

*(No class Sept 1)*

**WINTER I: Nov 3 - Jan 11**

*(No class Nov 27, Dec 24-31 - Jan 1&25)*

**WINTER II: Jan 12 - March 22**

**SPRING: March 23 - May 31**

*(No class May 26)*

### **Pricing:**

Bitty Yoga \$280

Kids Yoga \$300

*Services paid for with credit or debit card  
will incur a 4% convenience fee.*

### **Registration:**

Please enroll on the MyLSF app or MyLSF.net Prices listed are for current LSF members.

*24-hour notice is required for all cancellations  
via email to KidsEvents@LakeshoreSF.com  
and the instructor.*

For additional  
information contact:

**773.770.2425**

[KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com)