

# Yoga @ TPMS!

honey heart

KIDS YOGA

Fall  
2017

**Mondays**

3:15 pm to 4:00 pm

ages 3 to 7

September 18 to

December 11

no class 11/20

12 classes

\$156

Lessons introduce yoga poses and breathing relaxation through storytelling, singing, affirmations, and socio-emotional activities. No mats needed, only comfortable clothing. Lessons will center on the 5 Yoga Calm® principles of Stillness, Listening, Grounding, Strength, & Community.

*I pick up your yogis from class.*

To register for classes please fill out the online waiver and make payment by clicking on the “Fall 2017 Session” button at the following link:

<http://honeyheartkidsyoga.com/classes/> Contact Ivett

with any questions you may have at

[ivett@honeyheartkidsyoga.com](mailto:ivett@honeyheartkidsyoga.com) or call 503-933-0694.

Honey Heart Kids Yoga is about feeding the spirit that fuels the heart, imagination, and the body of a child.

Ivett Almaguer has a Master’s Degree in Elementary Education and has taught children of all ages in both public and Montessori schools since 2001. She is a Yoga Calm® youth and adult certified teacher.

To learn more about her approach, check out her website:

[www.honeyheartkidsyoga.com](http://www.honeyheartkidsyoga.com)

