

# Yoga Classes @ TPMS!

*honey heart*

KIDS YOGA

winter  
2017

Every  
Monday  
Ages 3 to 7

winter session:

*January 9 to March 20*

*no class 1/16, 1/30, or 2/20*

8 classes

3:15 pm to 4:00 pm

*I will pick up your yogis from  
class.*

\$104 for winter session

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.

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

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

Contact Ivett with any questions at [ivett@honeyheartkidsyoga.com](mailto:ivett@honeyheartkidsyoga.com) or call 503-933-0694.

Honey Heart Yoga is about feeding the spirit that fuels the Heart, Imagination, and the Body of a child as she envisions a future with solutions beyond our capacity to dream.

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® certified teacher.

To learn more about her approach, check out her website:  
[www.honeyheartkidsyoga.com](http://www.honeyheartkidsyoga.com)

