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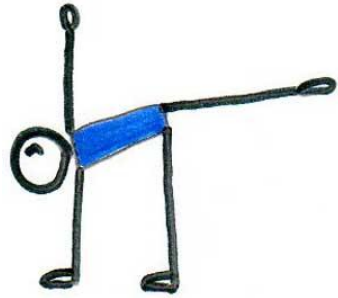
PAJAMA PARTY

At The Baba Siri Chand Yoga Center
368 Village Street, Millis, MA 02054
(508)376-4525



Friday, March 23, 2012
6:30-8:00 p.m.

Instructor: Heather Martin
Ages 4-10
Price: \$20.00



Pre- register online by
Tuesday, March 20th at
www.YogaAtTheAshram.org

Bring your kids in comfy, cozy pajamas and
a blanket or yoga mat.
Class includes Yoga games & poses,
breathing techniques and relaxation time.
Class ends with healthy snacks
a bedtime story

Pretzel Kids® incorporates traditional yoga postures with fun,
imaginative games and relaxation techniques. By using games,
breath work, and visualization, children naturally relax and
have fun. Games are non-competitive and each child is
encouraged to go at his or her own pace. By learning to
appreciate what they can accomplish, children also learn to feel
comfortable with their bodies and their unique capabilities.



Pretzel Kids® is a registered trademark of Breathe Joy Yoga Inc.