

Dharma Yoga®

S r i D h a r m a M i t t r a

E A S T



DHARMA KIDS

Thursdays, 4:30 - 5:15pm

Final Spring Session: May 12 - June 16



Dharma Kids yoga, when introduced at a young age, begins a great journey in a child's life. Yoga helps bring out natural flexibility, teaches poise and grace, good communication with others, and a strong sense of self. Personable one-on-one attention will help children become calm, one-pointed, self-confident, and healthy.

Pre-Registration: \$120 for six weeks, first trial class \$25 (can be applied to course)

~ Dharma Kids Programs off for summer Resumes in September ~

PRE-REGISTER ONLINE or CALL 212.889.8160

Dharma East | 297 Third Avenue | 3rd FL | 212.889.8160

WWW.DHARMAYOGACENTER.COM