

**SPECIAL EVENT**



## **Kids' Yoga With Mira Binzen**

**6-week series: Wednesday, April 9 - May 14  
Wednesday, May 21 - June 25**

Ages 4-6 from 3:30 - 4:15pm  
Ages 7-10 from 4:30 - 5:30pm

**\$75/series if registered 3 days prior start of workshop, \$85 thereafter**

*\*\*Save the Date for Kids' Summer Camp July 7 - 11*

### **Discover new ways to stretch, breathe, relax and have fun!**

Movement, stories, games, laughter and silence help kids create a deeper understanding of their environment and themselves. learn traditional yoga poses such as lion, tree and warrior to develop strength, flexibility, coordination and balance.

Pre-registration is required.

#### **4 - 6 year olds:**

As this is a very playful age, we will focus on games, imagination, stories and simple practices to introduce the healthful benefits of yoga.

#### **7 - 10 year olds:**

Breathe, stretch, relax and discover your own inner wisdom. confidence and creativity while having fun playing and moving.

#### **Mira Binzen**

Mira received her teacher's training certificate from Sivananda Yoga Vedanta Ashram in India in 1999. She is certified to teach both children and adults, and is registered at the 500-hour level with Yoga Alliance. She was a yoga therapist with the Integrative Medicine Program at Minneapolis Children's Hospital and has been teaching classes to children, families and adults for many years. For her, the heart of yoga is discovering the self through joy and laughter.

Register on-line at <http://www.bloomyogastudio.com/reg.html> or call (773) 463-YOGA

**Bloom Cancellation Policies:** Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours or to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

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for information about classes, workshops & more!**