



Kids Yoga at Unity!

with Lori Myrick

Second Sunday of the month

Time: 10:25 to 11:45 am.

Where: Unity of Greater Hartford – Fillmore Room

Ages: 5 years and older

Parents: Parents must sign their child in and out of the class, remain in the building during the class and sign a liability release before the class begins.

Children will explore the basic principles of yoga in a fun and playful manner, while learning tools to build a healthy mind/body connection. They will be safely guided through yoga postures to stretch, increase strength and flexibility in the body, while invoking confidence and self-esteem. They will also learn different breath techniques to release unfocused energy and practice mindfulness meditation to elicit peace and calm to the mind.

Benefits of Yoga

- ◆ Increases coordination
- ◆ Improves concentration and focus
- ◆ Increases flexibility, balance and builds strength
- ◆ Alleviates stress and encourages a calmer mind
- ◆ Promotes self-expression, builds confidence and self-esteem

Unity of Greater Hartford

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What to wear: Dress in comfortable play clothes to move easily. Yoga mats and water will be provided.

Class Teacher: Lori Myrick from SpiritMeadowYoga.com is a 200hr Certified Yoga Instructor. She teaches children, adults and senior yoga and meditation classes.