



Piedmont Yoga Studio is pleased to present:

Children's Yoga for Focus and Relaxation with Olga's Yoga November 3, 2008 Mondays (10-12 yr olds) Wednesdays (6-8 yr olds) 4:00 - 5:00 pm • Studio 1 \$90 for six week session



In this class, I familiarize the children with the concept of yoga. I teach the kids fun and effective ways to focus their mind, calm their body, and engage their spirit. Some of the exercises we do in class include: breathing techniques, stretching, simple yoga poses, songs, meditation, and games.

As growing humans, kids are just beginning to learn how their bodies move, and are continually adjusting to the environment around them. Yoga gives them a way to gain body balance and improve their overall coordination and focus. The results are amazing with kids who start at such a young age- their energy becomes more calm, and they become much better at dealing with emotional fluctuations and challenges. Children's yoga is one of the best gifts you can give your child!

Olga Stein has worked with children for over 10 years as a yoga instructor, camp counselor, and mentor. She teaches a variety of different age groups, ranging from 5 years to 18 years. Olga also has experience teaching unique and emotionally challenged youth. Her most recent classes were held at Park Day Arts Summer Camp, and Alive and Well Studio in Grants Pass, Oregon.

Olga has studied and practices various forms of yoga, including traditional hatha, vinyasa and kundalini. She is currently certified by the National Kundalini Research Institute as a Professional Yoga Instructor. She also has Level I and II training in the Radiant Child Yoga Teacher Program, taught by Shakta Kaur Khalsa. To learn more about Olga's Yoga, please visit her website at www.olgasyoga.com.

Register for this workshop directly with Olga.

Olga Stein, Creative Director
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register online at www.olgasyoga.com

or call 510.882.1327