

# KID'S YOGA SERIES

AGES 5-11

## TARA ZELMER

JANUARY 16 – APRIL 3 • COSTA MESA  
WEDNESDAYS • 3:30-4:25PM



Yoga games

Sun Salutations

Calming & energizing breath work

Fun animal inspired yoga postures

Partner poses

Relaxation techniques

Mini Yogi philosophy/Inspiration



*Tara Zelmer is a 500 hour certified teacher with YogaWorks, Yoga Buddies and Karma Kida Yoga. Her classes are fun, full of energy, and infused with life lessons that inspire youth in yoga studios and schools. Tara believes that Mini Yoga philosophy can plant the seed of positive and healthy internal dialogue that can support and nurture a child's self-esteem and character. She draws her inspiration and life lessons from her grandmother's wise heart, "always remember who you are."*



Yoga is an opening for children to develop a peace of mind, learn how to strengthen and challenge the body, improve balance, and build concentration skills nurturing one's individuality. Yoga encourages values like acceptance and patience, while cultivating self-esteem. It's the one place where there is no competition.

SESSIONS:

**\$144** SERIES • **\$84** SIX • **\$16** SINGLE\*

\*not available for purchase online

TO REGISTER VISIT  
**YOGAWORKS.COM** OR  
CALL 949.642.7400