



Sanctuary Studios

Yoga & Bodywork

P R E S E N T S

August 7th and 8th: Children's Yoga Certification

Yoga helps fine tune motor coordination and can help a child gain more control over a developing body. Many yoga poses massage organs and glands and help them to stay healthy and active. The best part of all is that yoga classes for children are fun! We will teach you how to incorporate games and music to help keep the children engaged. Children who do yoga have an advantage. For example, yoga helps children become more self-confident and self-aware, as well as more physically fit. And that's just for starters. Yoga has been known to help with many medical conditions, such as asthma, insomnia, digestive problems, ADD and learning disabilities, to name a few. Suzanne Higgins, E-RYT, Michelle Fleming, E-RYT and others.



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