

# Yoga Source is for Kids too!

## Boogie Babies

~ Ages 0-2

To sing is to breathe and open up and awaken joy. Much like yoga, music transports us back into the moment, smoothing transitions and soothing stress, especially with our children. In these classes we will learn and sing simple, sweet songs that have been sung for ages, boogie-woogies and waking lullabies that ease car rides, bath time, washing faces, wiping noses, gassy bellies and growing pains. Melodies are easy to remember, as are the lyrics. After 6 weeks, you'll wish you could get the songs out of your head . . . at least after 8 pm! Super-relaxed setting, organic instruments, like-minded mamas - Dad's and guardians are welcome too!

**Tuesdays 1:45 – 2:15pm, April 6<sup>th</sup> to May 11<sup>th</sup> (6-weeks)**

**Investment - \$60 (mama+babe)**

## Yosic

~ Ages 2-6

Yosic is a journey into the melodic and rhythmic elements of music and the mindful movements of yoga for young children with parents / guardians. Fun with seasonal songs and finger plays, familiar folk songs, instrument play, and yoga basics to inspire body awareness, self-expression and music appreciation.

**Tuesdays 2:20 – 2:50pm, April 6<sup>th</sup> to May 11<sup>th</sup> (6-weeks)**

**Investment - \$60 (parent+child)**



blisskids

A CHILDREN'S YOGA & MUSIC COMPANY