

KIDS YOGA IN EVERGREEN!

Visit ascendhealthdenver.com to sign up!

Weekly After-School Enrichment Classes

Ascend Health and Wellness Kids Yoga classes consist of everything you could ask for in an adult yoga class - Sun Salutations, Warrior Poses, Inversions, Twists, Stretches, Breathwork and Savasana - BUT is all done in a fun way that resonates with KIDS! We include some yoga games and a brief talk about a yogic/mindfulness theme each week. Your kids will leave class having exercised, relaxed and connected to other kids, and, most importantly, to themselves!

Tuesdays 3:40 - 4:40 at
Marshdale Elementary School
Classes start September 5th

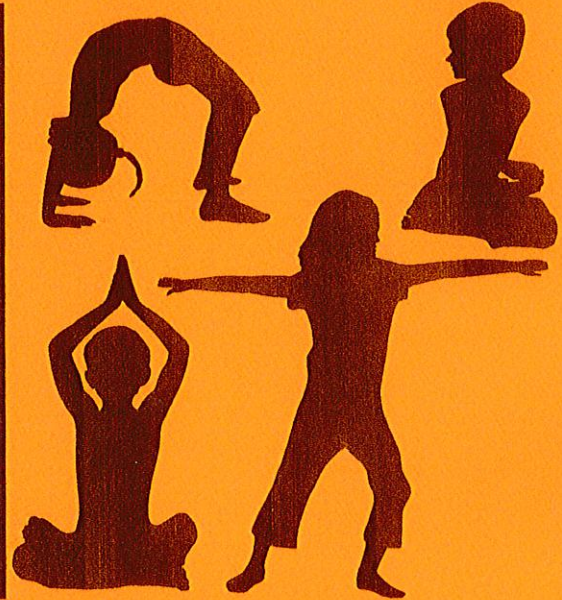
Wednesdays 3:40 - 4:40 at
Wilmot Elementary School
Classes start September 6th

Thursdays 3:35 - 4:35 at
Parmalee Elementary School
Classes start August 31st

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Classes at Namaste Healing &
Arts in Bergen Park

Fridays 4:00 - 5:00
TWEENS/Intermediate Class*

5:15 - 6:15 Kids Yoga Class



Classes are segmented in 4 or 5-week sessions. See online schedule for details. Drop in classes are available for \$15/class. Yoga mats and materials are supplied by teacher.

Kids Yoga Classes are for boys and girls ages 4 - 12

*Tweens/Intermediate Class is for boys and girls ages 8 - 12

Visit ascendhealthdenver.com for pricing and registration

Questions? Call Rainey at 303-588-2118. Scholarships Available.

 Ascend
Health & Wellness