

FREE TRIAL KIDS' YOGA CLASS

SEPTEMBER 9TH
8:30–9:30AM
CHESTER VALLEY DANCE ACADEMY



Children will practice yoga through simple poses, breathing techniques, music & meditation.

Benefits of Yoga for Kids

- Increases flexibility & strength
- Improves posture
- Helps prevent injuries from other sports/activities
- Improves focus and concentration
- Builds confidence

Instructor:

Karen DiVincenzo began dancing at the age of seven. She performed with the Brandywine Ballet Company for over 10 years. She studied dance and choreography at West Chester University and performed with WCU's Dance Production Workshop. Karen taught children's ballet, jazz & creative movement at local YMCAs and gymnastic centers. Karen is a certified "Kidding Around Yoga Teacher".



KIDS' POP-UP YOGA
5–12 YEARS OLD